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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.



RAFT SWAMP FARM

Jackie and Louie Hough are growing and teaching organic farmers in Hoke County.

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A new Highway Historical Marker recognizes the state's first electric cooperative.

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Electrons, magnets, circuits, watts, amps, volts: the basics of electricity.

20 LOOKING BACK AT THE SHAG

The people, places, songs and memories of beach music dancing in the Carolinas.

22 HOME RUN

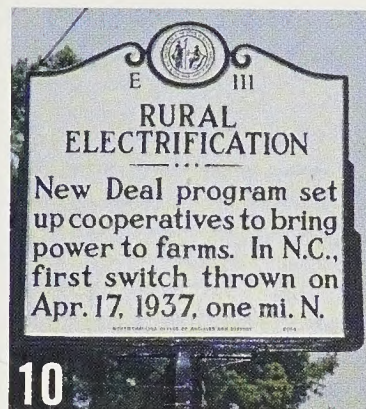
Stories of your greatest moments in sports.

30 NOT YOUR AVERAGE HORSE SHOW

The Wellpride American Eventing Championships this month bring the best in the world to the Carolina Horse Park.

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They really can save energy.



ON THE COVER

Will Faudree of Southern Pines, a 2004 Olympic alternate, competing in cross-country at Carolina Horse Park. The American Eventing Championships are there this month (see page 30). Photography by Shannon Brinkman.

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Energy Efficiency: The Southeast's Untapped Resource

By Kelly Ross Gillespie



North Carolina—home of the Outer Banks, the Great Smokey Mountains and the 2006 Stanley Cup Champion Carolina Hurricanes—like the rest of the dynamic Southeastern region of the U.S., is booming. The region is experiencing an influx of people seeking a high quality of life.

According to the U.S. Census Bureau, the Southeast has recorded a 20 percent population growth during the past decade. In 2004, 656,054 new housing permits were issued across the Southeast's 11 states—nearly 32 percent of the year's national total—and North Carolina alone issued 92,411 of them. As a result, the Southeast is first among major regions in the U.S. in population, population growth and housing starts.

The Southeast, however, has a voracious appetite for energy, due in part to historically abundant and cheap energy. As a result, the Southeast region is among the nation's highest in per capita electricity consumption and level of energy intensity, which is the amount of energy consumed to produce one dollar of gross domestic product of service. To top it off, the region spends only one-fifth the national average, per capita, on energy-efficiency programs, and ranks near the bottom in Energy Star® appliance penetration. What this means is that the Southeast has yet to take advantage of the full economic production potential of the energy it already uses, hence the Southeast is wasting money on unnecessary energy costs.

As the era of cheap and abundant energy fades into history, the Southeast needs to address increasing fuel prices, energy demand and environmental costs to ensure enough affordable energy is available to its growing population. The quickest, cleanest, and most cost-effective means to meet this challenge is through energy efficiency.

Energy efficiency enables consumers to reap desired energy services, such as a comfortable home, profitable businesses and convenient transportation, with less energy use, less air pollution and lower total cost. According to the U.S. Department of Energy, energy-efficiency programs in the mid-1990s nationally produced 61,800 gigawatt-hours of savings per year, reducing peak demand by 29,900 megawatts.

The Southeast Energy Efficiency Alliance (SEEA), a subsidiary of the Alliance to Save Energy, is a nonprofit organization of Southeast energy-efficiency stakeholders interested in building regional partnerships to promote and achieve energy efficiency for a cleaner environment, a more prosperous economy and a higher quality of life. SEEA is active in


the 11-state region of Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee and Virginia.

SEEA believes that voluntary, cost-beneficial coordination and application of energy-efficiency initiatives can produce significant results. Through voluntary, energy-efficiency programs and policies, SEEA can assist the region in helping to moderate some of the expected increases in energy demand resulting from the region's population growth by decreasing consumer energy costs through reduced energy consumption. SEEA will help to ensure that energy efficiency becomes accepted as a legitimate energy resource. In

addition, SEEA will educate consumers about the benefits of energy efficiency to help increase the market penetration of energy-efficient technologies, such as Energy Star products, and practices. According to Energy Star, Americans saved enough

Americans saved enough energy in 2005 to avoid greenhouse gas emissions equivalent to those emitted from 23 million cars—all while saving \$12 billion on their utility bills.

energy in 2005 to avoid greenhouse gas emissions equivalent to those emitted from 23 million cars—all while saving \$12 billion on their utility bills.

SEEA, along with its partners in North Carolina and the rest of the Southeast, looks forward to helping consumers reap the benefits of energy efficiency. By becoming more energy efficient, North Carolina and the rest of the Southeast could attract additional resources, strengthen the economy and extend the region's competitive advantages. Hence, the Southeast is on the verge of extending its competitive edge. 

Kelly Ross Gillespie is senior research associate at the Alliance to Save Energy in Washington, D.C. The Alliance to Save Energy is a coalition of prominent business, government, environmental and consumer leaders who promote the efficient and clean use of energy worldwide to benefit consumers, the environment, economy and national security. (www.ase.org). For more information about the Southeast Energy Efficiency Alliance, call (866) 900-7332 or visit www.seea.us

Editor's Note: North Carolina's Touchstone Energy cooperatives believe that efficiency and consumer education are part of the solution. Please note; however, the population of the Southeast continues to grow and energy demands continue to grow with it. North Carolina's electric cooperatives will continue to meet your energy needs at the most affordable price. This effort may include building electric generation but we will do so with our beautiful state's environment and your best interest in mind. NC Touchstone Energy Cooperatives will continue to inform you of ways to lower your energy bill and help you in making product choices to reduce energy use. Contact your Touchstone Energy cooperative for professional advice and assistance in determining an energy-efficiency program that's right for you.



Old ducks

See the real drake mallard between the two decoys? The three of them waited while Mrs. Quack tended 12 eggs this spring. The ducks are descendents of the original pair who first came to our pond near Maggie Valley in 1982. The decoy on the right is even older, made by my husband's grandfather for use on the Indian River north of Titusville, Fla.

Denise McCullough | Waynesville | Haywood EMC



See NC

My husband and I wanted to go on a mini-vacation during the week of July 4. We scrolled the Internet for places to visit in North Carolina and could not decide on a destination. My husband wanted to go somewhere where we could get some rest and have a nice time. I wanted to go somewhere to rest and still be able to see fireworks. That afternoon, we received the Carolina Country in the mail, and our decision was made based on the events section in your magazine. Thanks so much for providing a useful tool that comes in handy when we need a restful place to visit in our home state.

*Tonya Monroe
Randleman | Randolph EMC*

How do you whup okra?

Ann Latimer of Emerald Isle says you know you're from Carolina country if, "You know that if you whup okra, it produces more pods." How do you whup okra? I want to produce more pods! My okra is really slow this year.

*Meredith Hart
615 Riverbend Dr.
Burgaw NC 28425*

Coordinated

Little Matthew Hall wants to be just like his grandpa Larry Hales.

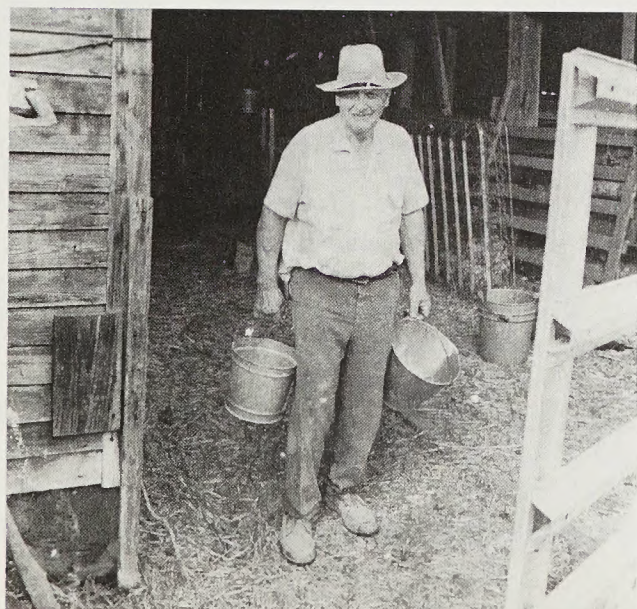
*Melissa Hales Hall
Autryville | South River EMC*



Dave Snider

This is a picture I made of my uncle Dave Snider. He was a farmer all his life and lived more than 90 years.

*Eddie Hough
Asheboro | Randolph EMC*



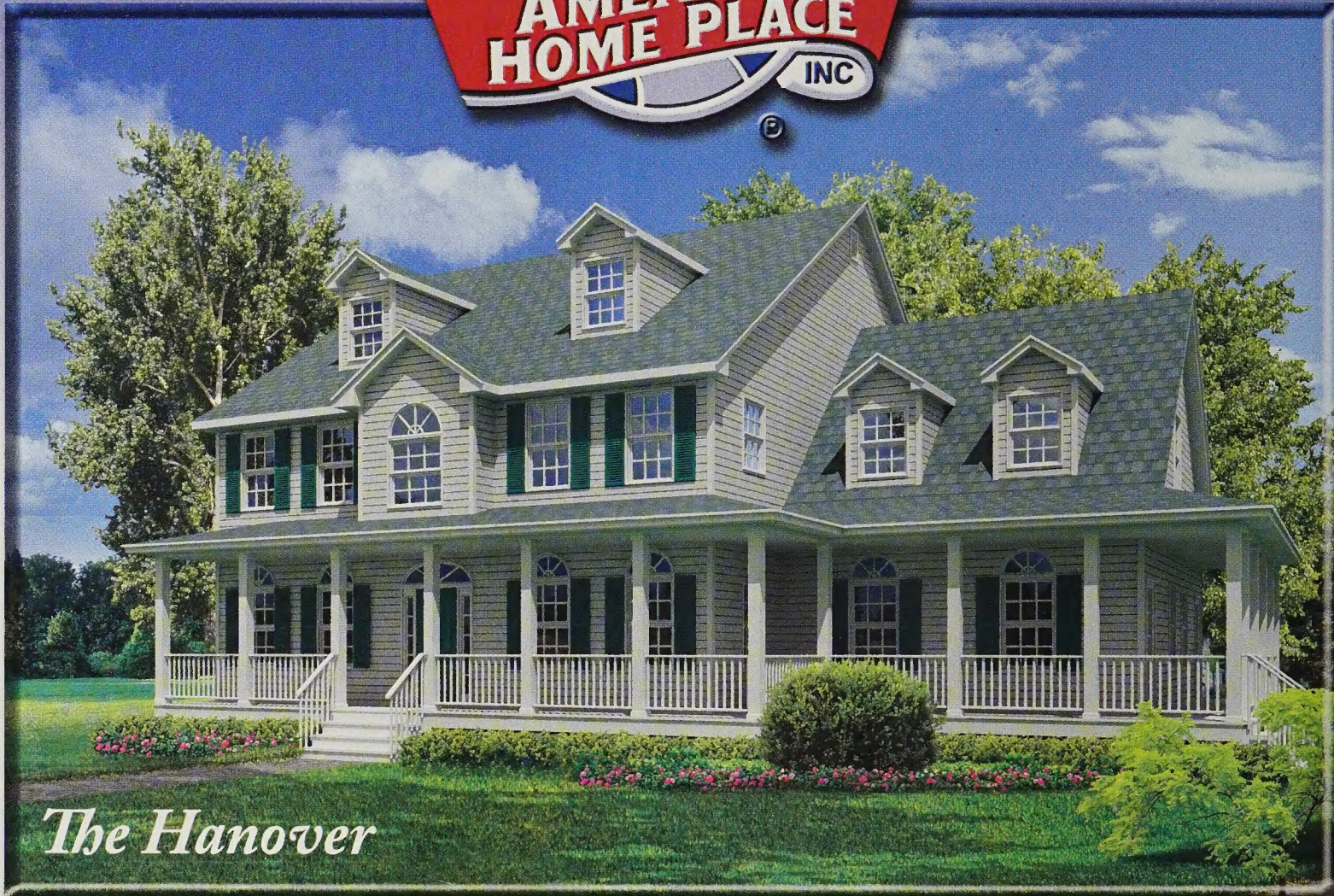
Sun Realty sunshine

Our story about the Topolnak family visiting Hatteras Island as a Make-A-Wish Foundation dream come true [August 2006] failed to mention the work of Sun Realty's Rental Office staff in Avon. The staff put together a heart-warming welcome for leukemia victim Caley Topolnak and her family, collecting all the amazing generosity that the island has to offer.

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Five of the
Confederacy's
commanders
come to life in
John Paul Strain's
thrilling portrait



The Pride
of the South

Shown smaller than
actual size of 8 1/8 inches

Five Legendary Leaders Ride to Battle

They were bold commanders, brilliant strategists, courageous leaders who became legends on horseback in the War Between the States. Some directed grand armies, others led lightning raids, all battled their way into the pages of history and the hearts of millions.

Now five of the Confederacy's greatest battlefield commanders ride again on a thrilling work of porcelain art from famed Civil War artist John Paul Strain.

You'll be amazed at the sense of drama the artist creates in his portraits of Robert E. Lee, J.E.B. Stuart, Stonewall Jackson, Nathan Bedford Forrest and John Mosby.

This fascinating work of art puts you in the thick of the action, riding along with the heroes of the Confederacy. You can almost smell the gun powder and hear the rebel battle cries. No Civil War artwork crackles with more action and realism.

Strong demand is expected for the limited edition, so act now to get yours for the \$34.95 issue price, payable in two installments of \$17.47 each (plus a total of \$4.99 shipping and service). Your purchase is backed by a 365-day money-back guarantee. Send no money now. Just mail the Reservation Application today!

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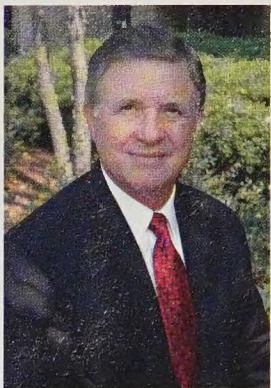
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Cooperatives select new CEO for statewide offices



Rick Thomas has been with the state's cooperatives 10 years.

North Carolina's electric cooperatives' Board of Directors has named Richard (Rick) K. Thomas executive vice president and chief executive officer of the organization, headquartered in Raleigh. He will succeed Charles (Chuck) W. Terrill, who led the company since 1995 and recently announced his retirement.

Thomas most recently has served as senior vice president of Strategic Services and assistant general manager of the cooperatives' state office, where he has worked the past 10 years.

North Carolina Electric Membership Corporation (NCEMC) board President Ron McElheney stated, "Chuck Terrill has served the membership of the electric cooperatives with great distinction and has prepared staff

for a successful transition. Rick possesses the knowledge and talent to continue to move this company forward in order to meet the energy needs of our member-consumers. We look forward to working with him in his new position as we strive to meet future challenges in today's turbulent energy markets."

Thomas has held several positions with North Carolina's electric cooperatives over the past 10 years. His day-to-day management responsibilities have included finance, power supply, information technologies and strategic planning activities. Thomas has held numerous positions within the electric utility industry, bringing more than 20 years of experience and leadership to the organization. He is a Certified Public Accountant and has developed considerable expertise in corporate management and business systems strategies. Prior to his employment in North Carolina, Thomas was executive vice president and general manager of Northeast Texas Electric Cooperative in Longview, Tex.

"This company has a rich history in this state, working hard to provide its members with the most reliable power at the most affordable cost. I look forward to continuing that mission," said Thomas after his appointment.

Thomas hails from Nacogdoches, Tex. He received both a bachelor's and master's degree from Stephen F. Austin State University. He and his wife, Suzanne, have five children and live in Wake Forest.

North Carolina's electric cooperatives include the 27 distribution cooperatives across the state; North Carolina Electric Membership Corporation, the nation's second largest generation and transmission cooperative; North Carolina Association of Electric Cooperatives (NCAEC), the trade association that provides services to the 27 distribution cooperatives; and Tarheel Electric Membership Association, Inc. (TEMA), a cooperative providing central purchasing and materials supplies for the 27 distribution cooperatives. All three organizations are located in Raleigh.

North Carolina's electric cooperatives provide energy to 2.4 million people in 93 of the state's 100 counties, primarily in the rural areas of the state. The electric cooperatives own and maintain 92,000 miles of power lines, the most of any electric utility in North Carolina.

4-H gives cooperatives its annual Partner Award

North Carolina's 4-H program has given its 2006 Partner in 4-H Award to North Carolina's Touchstone Energy cooperatives and the North Carolina Association of Electric Cooperatives.

The Touchstone Energy co-ops were recognized for their leadership, vision and monetary support for the newly developed Citizenship North Carolina Focus conference, a legislative conference for more than 120 4-H students from all across the state. At this conference, 4-Hers discussed local and state issues in workshops, participated in a live taping of "NC Spin," a public affairs television show broadcast across the state, and met with legislators so government officials could hear firsthand the thoughts and concerns of the next generation of North Carolina's leadership.

The NC Touchstone Energy co-ops were also honored for their annual Touchstone Energy 4-H Clover Classic golf tournament, support of the 4-H gala and for decades of support for the 4-H electric presentation program.

North Carolina Cooperative Extension at North Carolina State and North Carolina A&T State universities conducts the 4-H program. More than 187,000 young people between the ages of 5 and 19 participate in North Carolina 4-H activities each year with the help of 20,000 adult and youth volunteers.

Touchstone Energy cooperatives consistently are among the top three donors to the North Carolina 4-H program's annual fund, contributing more than \$100,000 each year to support 199,000 youths who are 4-H members statewide.

Cooperatives invest in fuel cell technology

North Carolina's electric cooperatives and North Carolina Electric Membership Corporation (NCEMC) have become investors in Microcell Corporation, a local privately-owned fuel cell company.

According to NCEMC's CEO Rick Thomas, "This investment represents NCEMC's and the member-cooperatives' commitment to environmental protection and clean technology. Fuel cells have great potential to benefit customers in rural areas and we want to be part of its development."

Microcell's President and CEO Ray Eshraghi added, "The recent achievement of our technical milestones confirms Microcell's ability to scale up to meet larger, multi-kW power requirements for remote locations."

Fuel cells are electrochemical devices that convert chemical energy directly into electrical energy. Unlike batteries, which convert chemical energy stored within the battery, fuel cells theoretically continue to deliver electrical energy as long as fuel is supplied.

Gauge your home's energy usage with an online audit program



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Touchstone Energy cooperatives have worked with Lawrence Berkeley National Laboratory to make an online home energy audit available to cooperative members.

What is the Home Energy Saver?

Home Energy Saver is a Web

site for homeowners and renters who want to reduce their energy bills. You can find out how much money you spend on home energy bills, and how to save by installing energy-efficient measures and technology. Home Energy Saver is the first site of its kind on the Internet. The Web site also provides links to other sites to help make these improvements happen, and a link to experts at the Department of Energy who can answer home energy-related questions.

What is the Web site address?

Visit www.touchstoneenergy.com

What is special about Home Energy Saver?

Through the site, the general public can now access the results of years of research and development from the U.S. Department of Energy's Lawrence Berkeley National Laboratory (Berkeley Lab) and other research institutions in

building energy simulation software, data collection on the average energy use patterns of American homes, and technologies that help reduce home energy bills. When a user answers up to about 30 questions on the size and characteristics of the house, advanced building software developed at Berkeley Lab calculates the house's energy use and energy bill.

How do I use Home Energy Saver?

Start by inputting your zip code to get an energy bill breakdown for the average house in your area, and an energy-efficient house in your area. Then you'll answer 20–30 questions concerning your house. If you don't know an answer, the software will input values for the average house in your area. Or, save your session, look up the information and fill in your answer later. At that point, you will receive a precise breakdown of your house's energy bill, plus suggestions for reducing it. In addition, the Making It Happen Module contains extensive supporting information about how to make energy-efficient improvements to your home.

Why save energy in the home?

About 25 percent of the U.S. energy bill is attributable to households. The average homeowner could reduce his or her energy bill by up to 50 percent by adopting recommendations from the Home Energy Saver.

**WHERE IN
CAROLINA COUNTRY
IS THIS? →**



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by September 8 with your name, address, phone number and the name of your electric cooperative.

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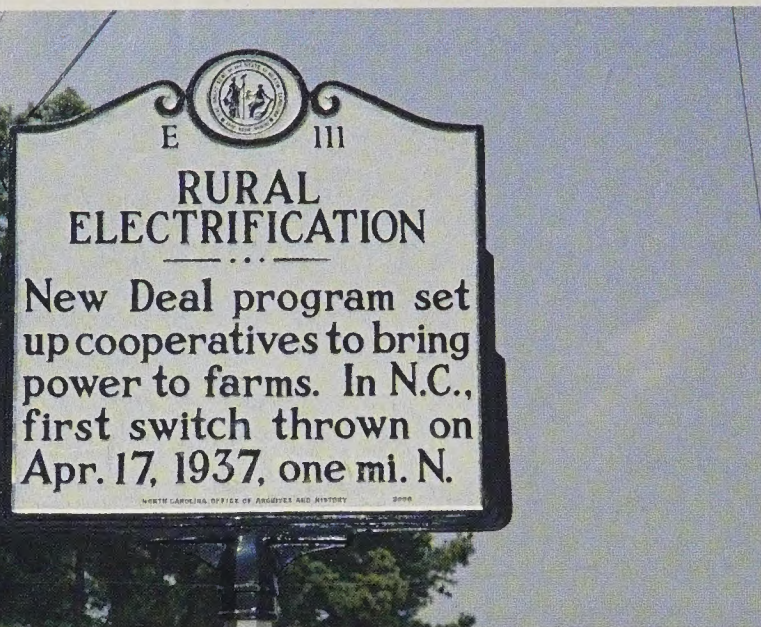
The winner, chosen at random and announced in our October issue, will receive \$25.

August Winner:

This yard art is an old portable steam engine, sometimes also called a stationary steam engine since it has to be pulled. It is located at Wells Chapel Church Road and Wilmington Highway/421 South, just outside Harrells in Sampson County. George and Priscilla McGill, who are served by Four County EMC, own the piece. George says his father and uncle originally purchased it in 1928 to power the saw for their portable sawmill, and it ran until the early 1950s. It has sat in the McGill's front yard since 1995. The large tank is the boiler and the engine sits on top.

Correct answers were numbered and the \$25 winner chosen at random was Darrell Smith of Fayetteville, a member of South River EMC.





A new Highway Historical Marker recognizes the state's first electric cooperative

By Michael E.C. Gery

If you head out of Tarboro south on N.C. 33 toward Greenville, look to your left and you'll see the state's newest Highway Historical Marker. It recognizes the place where an electric cooperative first brought power to rural North Carolina.

The marker was unveiled in July on the 70th anniversary of the founding of the state's first electric cooperative, Edgecombe-Martin County Electric Membership Corporation. It stands in all its shining glory on the edge of the highway across the front lawn of the EMC's office.


As it happens, the "Rural Electrification" marker E-111 was dedicated during the 70th anniversary year of the North Carolina Highway Historical Marker program itself. In January 1936, the first highway marker was erected in Granville County near the homestead of John Penn, a signer of the Declaration of Independence. When that marker was dedicated, no one living in rural Edgecombe County, or in any other rural area of the state, had electric power, even though electricity had been lighting cities and towns in North Carolina for more than 30 years by then.

The cooperative that formed in Tarboro in 1936 actually had hatched the year before, even before President Franklin D. Roosevelt signed legislation authorizing the Rural Electrification Administration to make loans to member-owned, not-for-profit cooperatives. During the Highway Historical

Marker dedication, Alice E. Wilson, board member and former president of the EMC, offered a history of the cooperative. She reviewed how the Tarboro Board of Commissioners was instrumental in laying the organizational structure for bringing power to the countryside.

A prominent Edgecombe County farmer, R.V. Knight, got to talking with his friend and horseshoe-playing partner, Dr. Dave Weaver, an N.C. State faculty member. Dr. Weaver said a new program was under development to bring electricity to rural areas. Mr. Knight carried the news to the community and to the town commissioners, asking Tarboro to extend its electric power lines five miles into rural Edgecombe County. While the town supported the idea it could not finance it. Later, Tarboro Mayor Rawls Howard accompanied a commissioner to Washington, D.C., where they

learned details of the REA project. In April 1936, Tarboro agreed to guarantee a loan for a new cooperative. In June, Edgecombe-Martin County EMC was incorporated by R.V. Knight, B.C. Mayo, Dave Moore, C.W. Mayo (all of Tarboro) and W.J. Mayo of Bethel. In September, the REA approved a \$32,000 loan for the cooperative. This was among a group of loans that were the first to be granted by the REA. Under contract with the Town of Tarboro, the cooperative set poles and ran 32 miles of line from Tarboro eastward to Hassell in Martin County. On April 17, 1937, 82 members of the cooperative saw lights go on in their houses. That day is commemorated by the new marker on Hwy. 33.

Edgecombe-Martin County EMC today serves more than 12,000 member accounts in Edgecombe, Martin and parts of Nash, Pitt, Beaufort, Bertie, Halifax and Wilson counties. 

NC Highway Historical Markers

There are more than 1,430 Highway Historical Markers in North Carolina. At the July 27 unveiling, Michael Hill, research supervisor with the North Carolina Office of Archives and History, told the gathering that Edgecombe County has 15 markers now and a 16th planned to recognize a place where Martin Luther King gave a speech. He also described the process for erecting the marker, which involves an official request backed up by research and reviewed by a panel of history professionals. Winston Howell, customer/information specialist with Edgecombe-Martin County EMC, successfully made the case for the Rural Electrification marker.

Sometimes called "History on a Stick," each marker is 80 pounds of cast aluminum. Hill said a new Web site soon will list all the markers. A guide published by the Office of Archives and History describes the markers in the state and notes their locations. Phone: (919) 807-7280. Web: www.ah.dcr.state.nc.us



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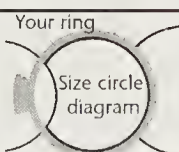
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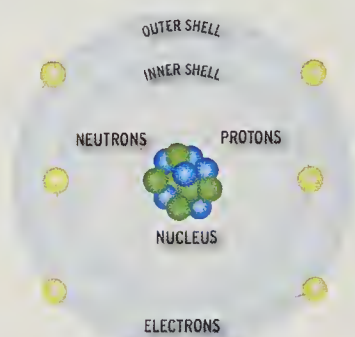


what is a watt?

The basics of electricity

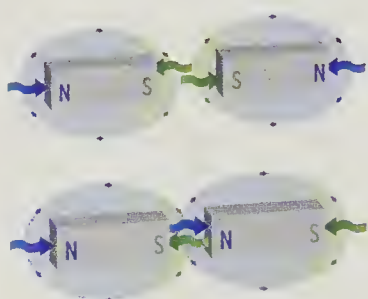
By Jeff Brooks

Most people understand that the power company keeps the lights turned on. But for many, the language of electrical energy and how it works is a bundled mass of formulas, acronyms and processes. Respecting the complexity of language is always a good thing, but being able to speak the language is even better.



The Atom

Negatively charged electrons (yellow) are attracted to the positively charged protons (blue). This attraction keeps the electrons attached to the atom. When atoms are near one another, electrons can pass from one atom to another seeking a positively charged counterpart. This transit of electrons is electricity.



The Magnets

Opposite poles of a magnet attract each other (north and south), while similar poles repel each other. The force of magnetism on electrons can be used to make electricity.

Electricity 101

As with learning any new language, it is important to start with the basics. Electricity is energy derived from the flow of electrons, which are negatively charged particles that orbit the nucleus of an atom. The world is filled with atoms. They are all around us and inside of us. Even our body is made up of atoms, which are so small that you could place millions of them on the head of a pin.

Atoms are composed of a nucleus which contains protons that carry a positive charge and neutrons which carry no charge. Orbiting around the nucleus, like little planets in a microscopic solar system, are the electrons.

Negatively charged electrons are attracted to the positively charged protons in the nucleus. This attraction keeps the electrons attached to the structure of the atom. Sometimes, however, atoms pass near one another and electrons can pass from one atom to another in their neverending search for a positively charged counterpart. This transit of electrons from one atom to another is electricity.

Electricity comes from many sources and can be found just about everywhere. Lightning is a form of electricity, with bolts caused by the passing of electrons from cloud to cloud or cloud to ground. Static electricity is another type caused by the exchange of electrons from one surface to another as a result of friction.

A magnetic personality

In their natural state, electrons orbit their atomic home in a kind of harmonious dance. Half of the electrons in the atom spin in one direction and the other half spin in the opposite direction. They are all evenly spaced and everything is in balance. But when the electrons are placed in the environment of a magnet, something very different happens. The evenly spaced, harmoniously spinning electrons skew themselves to one end of the magnet or the other, creating an imbalance in the forces found between each end. The resulting imbalance is called a magnetic field.

Most people are familiar with the behavioral tendencies of a magnet. Each end, or pole, of the magnet will either attract or repel another magnet that comes into contact with it. This bipolar behavior is caused by the magnetic field that pushes some electrons in one direction and the rest in another direction.

Since the magnetic force of a magnet flows from one pole of the magnet to the other pole it will by its flow push away another magnet whose field runs opposite to the first. In other words, a north pole will repel a north pole, and a south pole will repel a south pole. But if the north pole of a magnet meets up with the south pole of another, there is an attraction that is, well, magnetic. Just as in the case of protons and electrons, when it comes to magnets, opposites attract.

This force of magnetism on electrons can be used to make electricity. By moving magnetic fields, electrons can be pushed or pulled to generate electricity. And by using magnetic field on metals such as copper, whose electrons are arranged in a loosely assembled order, large amounts of electricity can be generated and moved along a path to be harnessed for work.

A powerful discovery

In the early 1800s, the scientist Michael Faraday discovered what is now known as electromagnetic induction. He found that if a magnet is rotated around a loop of wire, the wire becomes electrified from the movement of electrons in the metal.

Thomas Edison compounded that discovery and in 1882 opened the world's first electric power plant in New York City, employing the same model of a magnet rotating around a wire to generate electricity. His power plant burned coal to make steam for turning a mechanical dynamo containing magnets. Today, power plants use a larger but similar technique to provide for the electric needs of towns and cities around the globe.

Around the circuit

To express itself as energy, electricity “flows” in a current through a circuit (from the word “circle”). A device that is connected to the circuit, such as a light bulb, draws current, while the current continues running in its circuit. Think of linking negatively charged electrons to positively charged ones. The link completes the circuit. When the link is closed the circuit is complete and electric current can flow. Because of their atomic structure, certain materials (called conductors)—such as metal and water—allow a better flow of electrons than others. Glass and rubber are not good conductors—they resist current—and are instead referred to as insulators.

The charge of electricity through conductors, such as the common copper wire found in building circuits, varies according to several factors. A commonly used analogy is a water hose: the charge of the water running through a hose used to power, say, a lawn sprinkler, is affected by the pressure of water from the pump, as well as the size and physical condition of the hose. In this analogy, the water pressure is similar to the electric pressure or force available from a power source, known as “voltage” and measured in volts. The amount of current flowing through the conductor—similar to the amount of water flowing through a hose—is measured in “amperes.” The power in an electric current that is available at the end—to run the sprinkler, in this example—is measured in “watts.”

What's a watt and what it's not

The watt is named after James Watt (1736–1819), who made major contributions to the development of the steam engine. A watt is actually a very small amount of electricity. To put things in perspective, the average household light requires 60 watts of electricity to operate (energy-efficient compact fluorescent bulbs average only 18 watts). The average microwave oven uses 1,500 watts. An electric oven can require as much as 5,000 watts or more to operate.

Because most appliances require thousands of watts of electricity, the more commonly used unit is the kilowatt (kw). A kilowatt is equal to 1,000 watts. The watt and its variants are also used to measure the capacity, or generating potential, of devices that make electricity. For example, the average residential solar photovoltaic (PV) system contains a capacity of about 2 to 3 kw. The capacity of larger systems, such as coal and nuclear plants, is measured in megawatts (1 mw = 1,000,000 watts) and gigawatts (1 gw = 1,000,000,000 watts).

A common error among consumers is to mistake the kilowatt with its energy usage counterpart, the kilowatt-hour (kwh). A kilowatt-hour is a measurement of electricity generated or consumed over one hour. For example, a 60-watt light bulb will consume 60 watt-hours over the course of an hour. If the bulb is used 4 hours each day for 30 days, the resulting usage will be 60 watt-hours x 4 hours x 30 days, or 7.2 kwh (7,200 watt-hours).

It's easy to see kilowatt-hours in action. Simply take a look at your electric utility meter, typically located on the side of your home, to see a running tally of the kwh being used. The difference between the kwh recorded at beginning of the billing cycle to the end is the number that appears on your electric bill each month. That number will vary from month to month, based on the seasonal electrical demands of the dwelling. A 2,000-square-foot home typically uses around 1,000 kwh of electricity per month.

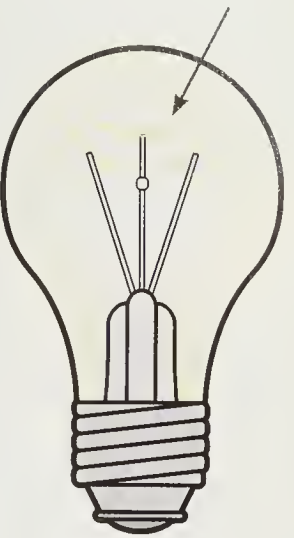
NC GreenPower's electrical connection

Understanding how energy is measured is important in helping you appreciate your participation in the NC GreenPower program. Every \$4 that you contribute monthly toward renewable energy production adds 100 kwh, or about 1/10th of the average home's power consumption to the electric grid. Over the course of a year, that \$4 contribution will add 1,200 kwh of cleaner electricity to the state's power supply. That means that more than one month each year of your electrical needs are being generated from renewable energy, and shared with citizens across the state.

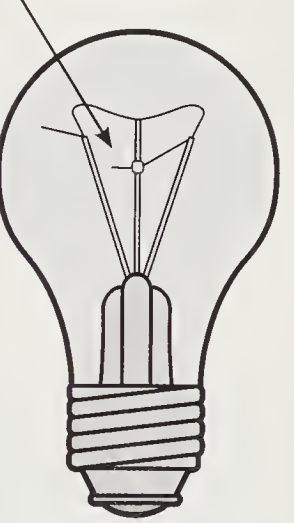
Today, most renewable energy generation capacity in the state is measured in kilowatts. It may not seem like much when compared to traditional sources. But if every citizen does a little bit, then one day soon renewable energy may comprise gigawatts of the state's energy supply and power your home with thousands of kilowatt-hours of reliable, environmentally-friendly electricity.

Jeff Brooks is marketing and communications coordinator for NC GreenPower, a statewide non-profit organization working to encourage the development of renewable energy resources across the state. For more information on the NC GreenPower program and what you can do to help, visit www.ncgreenpower.org or call (866) 533-NCGP.

The circuit is closed. Electrons flow through the wire and produce light.



The wire is broken. The circuit is open and no electrons can flow.



The Circuit Electricity moves in a current through a continuous circuit (from the word “circle”). Connect a light bulb to the circuit, and you've got light. Burn a 60-watt light bulb for an hour, and you've used 60 watt-hours. Burn it 100 hours, and you've used 6,000 watt-hours or 6 kilowatt-hours.



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Growing organic farms in Hoke County

Raft Swamp Farm is developing an incubator program to help organic farmers get started

*Text by Sidney Cruze
Photos by Don McKenzie*

Across the country, organics is the fastest growing segment of agriculture. In North Carolina, retailers' demand is outrunning production, and organic produce and dairy sales are the fastest growing sectors of our state's retail food industry. According to N.C. State University's Center for Environmental Farming Systems, North Carolina imports 90 percent of its organic food, even though much of it can be grown here. Fortunately for farmers, citizens are committed to buying local produce when it is available.

In the greater Fayetteville area alone, at least five local farmers' markets, four natural food stores and almost 10 restaurants are interested in buying organic produce grown on nearby farms. As more people move here, organic farming can become a way to make a good living by selling to them.

Now, anyone who wants to explore organic farming's opportunity before investing in land can find all they need to get started at Raft Swamp Farm in Hoke County. They can lease one of eight 3-acre incubator farms for less than \$200 a month. Or they can lease half a tract if they want to start smaller.

The incubator model

This spring the fields at Raft Swamp Farm were blanketed by cover crops: crimson clover, browntop millet and cereal rye rippled in the breeze. By late summer, farm owners Jackie and Louie Hough harvest golden squash, French tarragon and heirloom sweet potatoes.

Once a collection of high-producing cotton fields, Raft Swamp comprises 190 acres sitting in the heart of Hoke County farm country. When the Houghs bought it in June 2005, it was nothing but dirt and stubble. Yet they knew it had potential. Located halfway between Fayetteville and Raeford, the farm is well situated to meet the area's growing demand for local organic produce.

The farm is named for Raft Swamp Creek, which runs a mile down its western border. At its core sits 24 acres that

anchor a not-for-profit organic farm incubator program where farmers can learn the art and craft of sustainable farming. The Houghs call this the Raft, which stands for Restoring Agriculture, Family and Tradition.

The Houghs plan to grow organic herbs and vegetables here. "And we want to create an opportunity for others to learn about sustainable farming," Jackie says. "We want to educate people on how to live in harmony with the environment and preserve North Carolina's agricultural traditions."

A former sergeant major in the Army's Special Forces, Louie spent his first 19 years on a 40-acre farm in Indiana. Jackie grew up in a small Wisconsin farm town, then joined the Army Nurse Corps before taking her job as a neonatal intensive care nurse. Both were looking for a return to their rural roots.

After purchasing Raft Swamp Farm, they set aside 40 acres for themselves, then talked to Tony Kleese at the Carolina Farm Stewardship Association about a wise use for the remaining land. When Kleese described an organic farm incubator program at The Intervale in Burlington, Vermont, they knew they wanted to create a similar model on their farm.

Much like the business incubator model formed by chambers of commerce and county governments, The Intervale's Farms Program helps organic farmers get started by giving them access to land, equipment and technical expertise. Thirteen farms now operate at The Intervale, where they provide organic produce for the Burlington community. Six farmers and more than 50 interns have graduated from the program. Many of them now own their own land and earn their livelihood by selling produce to Vermont citizens.

At Raft Swamp Farm, once growers commit to a lease, they have access to all the Houghs' equipment and facilities. Farmers will be responsible for buying their own seeds, and each incubator farm will have a small storage shed. Plants can be started in one of two greenhouses, while a lath house will give them space to harden off before they get planted. The Houghs have a wind-powered pump that will provide water for irrigation, plus a tractor, a cultivator and a disc.

"We still need a grain drill," Jackie says. "Our goal is have all the equipment the farmers need right here on the farm."

Hands-on training, home-grown skills

So far, they have leased one tract to Philip McMillan, a Southern Pines man who works full-time and farms on the side. A native North Carolinian, his is the first generation in the family not to grow up on a farm. After moving back home from Atlanta and seeing the Houghs newsletter, he joined them in May.

"I've always wanted to farm, but never had the chance to acquire the skills," he says. "The Houghs' incubator program is just what I'm looking for."

McMillan works most Saturdays and two evenings a week at the farm, where this summer he harvested cantaloupe, tomatoes, field peas and watermelon. He spends the time watering, weeding and cultivating the soil.

"Building the soil is the key to organic farming," Jackie says. "It's a living organism that supports the plants you grow."

Every farmer knows productive land and good equipment are essential to success, yet access to the Hough's knowledge of organic farming may be Raft Swamp Farm's biggest asset. After bringing their fields back to life, Jackie and Louie really know the land. They both will offer hands-on training to their farmers, including help with business plans and marketing. Together they are well connected with organic growers across the state, so if they can't answer growers' questions, they will find someone who can.

The Houghs plan has always been to protect the land at Raft Swamp Farm while involving the whole community. Folks interested in organics can gain gardening skills by volunteering on the farm, and the Houghs have relied on people like Shawn Hawkins—someone who likes working the land with his hands—for help with the heaviest labor. An Army major, Hawkins plans to take up organic farming when he retires. "Louie and I spend a lot of time talking about crops and how to get the most out of the land organically," he says. "It's like a free class in agriculture. I'm trying to learn as much from him as I can."

The local Touchstone Energy cooperative, Lumbee River Electric Membership Corporation (LREMC), is partnering with Jackie and Louie as well. The fast pace of development in Hoke County is forcing LREMC to cut numerous new rights of way for power lines. Once LREMC cuts and shreds the trees, the cooperative must find some way to dispose of the debris. The Houghs agreed to use any material that hasn't been sprayed with defoliant; they can add it to their compost or use it as mulch on paths throughout the farm.

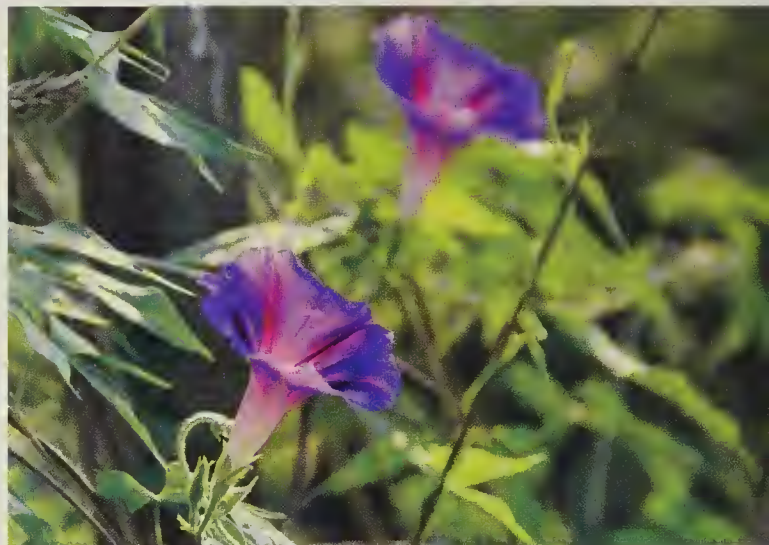
"Disposing tree debris is a real issue," says Walter White, LREMC vice president of customer service and community relations. "We don't want to put it in the landfill, and we don't want to leave it there. To have them take it works out well for us. And I think what they're doing is wonderful."

continued on page 18

When Jackie and Louie Hough bought the farm in June 2005, it was nothing but dirt and stubble. Now it is a series of organic gardens brimming with crimson clover, lavender, browntop millet, golden quash, French Tarragon and heirloom sweet potatoes, among other crops.


"We want to educate people on how to live in harmony with the environment and preserve North Carolina's agricultural traditions."





Every farmer knows productive land and good equipment are essential to success. Those who join Raft Swamp Farm also will have the benefit of the Houghs' knowledge of organic farming. Farmers will be responsible for buying their own seeds, and each incubator farm will have a small storage shed. Plants can be started in one of two greenhouses, while a lath house will give them space to harden off before they get planted. The Houghs have a wind-powered pump that will provide water for irrigation, plus a tractor, a cultivator, a disc and eventually a grain drill.

The first year at Raft Swamp was busy for the Houghs; in addition to building the soil throughout the farm, they planted an herb garden, started a peach orchard, and established hives for beekeeping. Already they are adding blueberries, muscadines, strawberries and blackberries and planning for a small heritage breed livestock operation. Soon more than four miles of trails will meander along the farm's perimeter, making it an ideal spot for hiking and bird watching.

"We want to draw people into the farm and reconnect them with where their food comes from," Jackie says. "We want to connect them with the farms that sustain them." 

Sidney Cruze is a Carolina Country contributor who works in Durham.

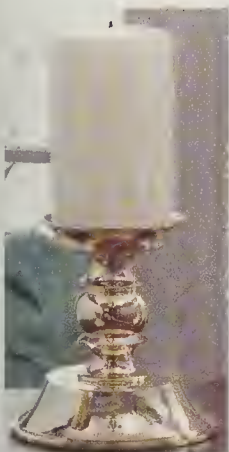
Short course in organic farming

To get more information about Raft Swamp Farm and the Houghs' farm incubator program, go to www.raftswampfarms.org or call (910) 977-0950.

This October, the Houghs will begin teaching an organic farming class called "Organic Growing: Raising a Sustainable, Healthy Harvest." The evening course includes two on-farm field days and is scheduled for Mondays in Southern Pines and Thursdays in Fayetteville. Go to the Web site for times, dates and locations.

Finally a Shine That Lasts!

Miracle Polish Ends Struggle With Tarnishing Metals By D.H. Wagner



Lately, I have noticed quite a few newspapers and magazines praising a polish formulated by a homemaker. The articles report that Donna Maas grew frustrated with rubbing and scrubbing her silver, brass and other metals only to see them quickly become dull and tarnished again. Determined to put an end to her constant battle with tarnish, Donna formulated a metal cleaner and it's transforming the industry.

Anita Gold, nationally syndicated columnist and expert on the restoration of antiques calls MAAS (named after its inventor) "The best and most amazing polish in the world." Ms. Gold wrote in her column, "A truly miraculous polish

referred to as "miracle polish" that'll turn the most disastrous pieces into the most de-bright-ful is MAAS Fine Polishing Creme For All Metals, which cleans, restores, preserves and polishes to perfection any brass, copper, chrome, silver, stainless steel, aluminum, gold or any other metal with amazing results - no matter how badly stained, spotted, discolored, flood-damaged, weathered, dirty, dingy, drab, or dull they may be."

Since I had an old brass lamp in desperate need of restoration, this journalist decided to put MAAS to the test. The lamp had been stored in the garage and was in far worse condition than I remembered. I was flabbergasted as I watched the polish wipe away layers and years of tarnish. Never have I used anything so easy. The lamp actually looks better than when I purchased it. Better yet, months later it's still glowing!

The polish worked so effortlessly, I decided to refurbish my mother's antique brass and copper cookware. The badly stained pots and pans developed black spots that had been impossible to remove. MAAS wiped away years of built-up residue even from the most discolored pieces. While polishing, I noticed MAAS applying a shine on the stainless steel sink. WOW! The shine is unbelievable and although I wash dishes every day, the shine keeps-on-shining. And it's no longer covered with ugly water spots, water just rolls off the protective finish and down the drain.

Good Housekeeping Institute recommends MAAS for restoring heavily tarnished heirlooms stating, "MAAS cleans best and gives lasting results." The Miami Herald says, "Polishing product can renew old silver." The Chicago Tribune headline sums it all up by saying "One Amazing Polish Is The Best At Everything."



How did a homemaker come up with something the industry's experts couldn't? The reporter in me had to find out.

During our interview Donna explained, "I enjoy the warmth that beautifully polished metals add to a home. However, not the hours it took to keep them tarnish free. The harsh cleaners left my hands dry and burning - one instant silver dip smelled so bad I felt sick. That's when I became determined to find a better way to care for the metals in my home."

And that she did. Her formula developed with a chemist friend quickly restores and leaves a deep, rich one-of-a-kind luster beyond anything I've ever seen. "To my surprise," Donna reveals, "the formula far exceeded my original goal. MAAS restores glass fireplace doors, clouded crystal vases, fiberglass, linoleum even plastic. The restorations were so remarkable everyone suggested that I sell my invention on television".

Donna sent samples of her polish to televised shopping channels and both QVC and Home Shopping Network asked Donna to personally appear on TV to demonstrate her product. 17,000 viewers called during MAAS' debut and encore performances brought a million dollars in record-breaking sales.

Leona Toppel, was about to throw away a brass chandelier. "No amount of elbow grease could shine it up. With very little effort (a big plus since I suffer from arthritis) MAAS made that chandelier look like new. It's been years and to everyone's surprise it's still glowing."

"MAAS outperforms every polish I've tried," Donna beams with satisfaction. "So if you're as tired as I was of cleaning metals just to see tarnish reappear a few weeks later, MAAS it!"

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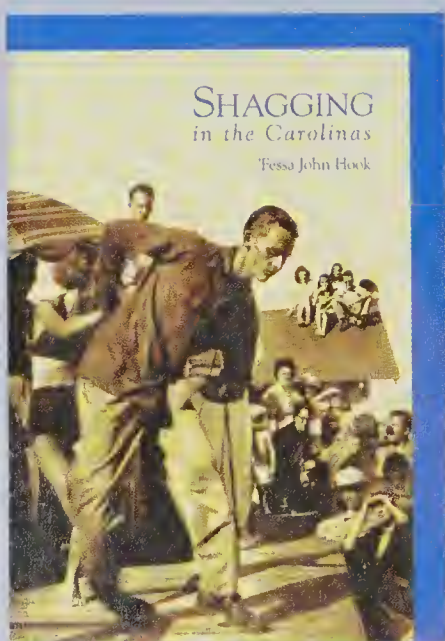
MAAS





Myers Park High School in Charlotte was a hotbed of Shag music enthusiasts. Several of the early members of the Catalinas and the Rívieras of North Carolina attended Myers Park. Ted Hall, a student and perhaps the secret understudy of book agent T.D. Kemp (Ted's future father-in-law), first booked Maurice Williams and the Zodiacs for a Myers Park party in 1960. (Courtesy of the 1961 Myers Park High School annual, the "Mustang.")

All photographs and captions are reprinted with permission from "Shagging in the Carolinas," by 'Fessa John Hook.



As radio broadcaster and author 'Fessa John Hook puts it, the history of shagging is like love letters in the sand—public and social, yet intensely personal. Shagging itself is a smooth dance when two people hold one or two hands and move together, usually in a basic six-pattern (sometimes eight-pattern) step, to beach music or rhythm and blues. The fun really comes with playful improvisation—creating new steps, meeting new friends and hanging out with the old ones.

In North Carolina, shagging has been, and is, phenomenally popular. 'Fessa Hooks traces the dance's early roots, and notes that Virginia teenagers as far back as the late 1920s were described as "shag-mad." His new book, "Shagging in the Carolinas," offers the many folks still mad about shag more than 200 vintage images, including well-remembered shag locations such as Carolina Beach and the pavilions of Ocean Drive in Myrtle Beach, S.C., Atlantic Beach and Wrightsville Beach. Decades of fun and carefree dancing are shown in the vintage posters, old snapshots and anecdotal captions that make up "Shagging in the Carolinas."

The book is available at area bookstores, online bookstores or through the publisher by calling (888) 313-2665 or visiting www.arcadiapublishing.com. Published by Arcadia in Mount Pleasant, S.C. Softcover, 128 pages, \$19.95.

—Karen Olson Hous



The Atlantic Beach Pavilion, boardwalk, pier, and Oceanfront Hotel at Folly Beach were built in the 1930s. The hotel and pavilion burned in 1957.



Carolina Beach was a hotbed for dance in the 1920s, 1930s, and 1940s. Jim Hannah of north Mecklenburg County, North Carolina, arrived on a construction crew to help build the first pier at Carolina Beach, where he also met his sweetheart and future wife, Frances (at left). Jim's first dance joint was the Tijuana Inn, an innovative white establishment offering black music. Jim cut his teeth on blues on an old jukebox at the Frog Pond in Mooresville, North Carolina. Soon after the Tijuana Inn opened, a local dancer opened three "jump joints": jukeboxes chained down on the boardwalk with lots of black music. In 1949, Jim leased the second-floor ballroom of the Ocean Plaza Hotel as another dance hall. (Photographs courtesy of Jim Hannah.)



Barbara Piner and Sam McGill, like other boppers (in much of eastern North Carolina, "bop" was the word for "Shag"), lunched at Brady's to dance to the jukebox. They also bopped at the Scout Hut, Atlantic Beach Pavilion, Ducks, and Clarks at Atlantic Beach. Her favorite songs were the Dominoes' "60 Minute Man," Ruth Brown's "5-10-15 Hours," Stick McGhee's "Drinkin' Wine Spo-Dee-O-Dee," Fats Domino's "Ain't That A Shame," and Hank Ballard's "Work With Me Annie." (Courtesy of Dee Piner and Barbara Jeffrey.)

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Two Raleigh, North Carolina, groups had the first Shag records of the modern era. Billy Bazemore and Keith Houston of the Band of Oz wrote the modern era's first beach song with Shag in the title with "Shaggin'" in 1979. The Embers' 1977 song "I Love Beach Music" was the first modern beach song to mention the Shag. Then the lid was off with a slew of songs, from Clifford Curry's "Shag With Me" in 1980 to Ernie LaBeau's "Everybody's Shagging" in 1985.

Fall Migration

This month, thousands of loyal shaggers will "migrate" to the Ocean Drive section of North Myrtle Beach, S.C., for a dedicated 10 days of dancing and socializing. The annual fall event, sponsored by the Society of Stranders (S.O.S.), is planned for September 15-24. For more information, visit www.shagdance.com



HOME RUNS

Stories of your great moments in sports

The fans of Cherryville Post 100

A few years ago during the American Legion baseball season, you could not find any more loyal fans of Cherryville Post 100 than three residents of a local nursing center. This was the year that Cherryville won at the local and state levels and went on for the National Championship in Oklahoma.

These three diehard fans would take a portable radio out onto the front porch of the nursing center and listen to all of the games. It was hard to get them to come inside. They always begged to stay outside on the porch until all the games were over. Sometimes it would be after 10 or 11 p.m. before they were over. They were very loyal listeners, and they never liked to miss a game. Even though Cherryville lost the championship that year they gained some loyal fans.

That September, for one of the fan's birthdays, I invited the coach of Post 100 to come visit him at the nursing center. He not only visited, but he brought the fan a signed baseball and gave autographs to the other fans.

I'll never forget the excitement of these games for the residents and the terrific sportsmanship of Post 100 and Coach Reynolds.

Sue Dallman / Dallas / Rutherford EMC

Focused on a full count

It was the Junior League baseball championship game in my Little League. We were in the bottom of the sixth inning, and there were two outs with a man on first. We were down by two runs.

I came up and quickly got pitched three balls. One more and I could walk. Next thing I knew the pitcher threw two strikes, and I had a full count.

I stepped back and looked to my dad, who was an umpire. I came back in the box and focused. The pitcher threw a fast-ball, and I swung at the baseball as hard as I possibly could. The ball sailed up. I lost track of it in the clouds, so I just jogged. I looked again, and the ball had fallen at the fence. Everyone was screaming! I ran as fast as my little legs could carry me and reached home plate. Home run! My team later came back to win the game, 10-6. That day was unforgettable.

David Manley / Winston-Salem / EnergyUnited

My floor routine

My finest moment in sports occurred March 25, 2006—the day of the North Carolina Gymnastics State Championship. This was my first year as a competitive gymnast at North Raleigh Gymnastics. I like all my gymnastics events—floor, vault, bars, and balance beam—but my very favorite is my floor routine. I perform it to the theme of the movie "Finding Nemo."

When the judges were ready for my routine, I walked to the middle of the floor and took my position. While I was waiting, I felt very excited about performing. When the music began, I performed a few dance moves and continued with my running split leap. I stepped into the corner and turned around to do my round-off back handspring. Throughout my routine I couldn't stop smiling, even when I was doing my back-walkover.

At the end of my routine, I could see that my teammates and coaches were cheering for me. During the award ceremony, they called my name to receive the first-place medal for my floor routine. I was so excited. It's great to be part of a team where we all cheer and encourage each other to do our very best.

Emerson Schulz / Wake Forest / Wake EMC



Thanks to everyone who sent in stories and pictures about your greatest sports moment. You can see more at our Web site. Next month we'll publish photos and stories of the best Halloween costumes. (Deadline was August 15.) For more themes and the rules of this series, see page 24.



Beating Ledford for the coach

In my senior year in high school my volleyball coach was pregnant, and our team knew that her baby was due sometime within our season. However, we didn't know it would occur on our biggest game of the season.

When I arrived at school the day of the big game I found out that our coach was having her baby, and she wasn't going to make it to Ledford. Anyone who plays a sport and loves the game knows that playing your biggest rival is the most important game of the year.

As we stepped on the court the adrenaline rush was overwhelming. During the pep talk, the last words said were, "Let's do this for Coach." From the time that first whistle blew, until the last hit landed on their side, our team didn't quit. We won the first match in extra points after battling back from an 11-point deficit, but we lost the second match. The third game we were down by 8, but we rallied back again and won.

This was it—the last match—just 25 points away from beating Ledford which Coach hadn't seen happen in the eight years she was at East Davidson. It was a rush, but it also felt like things were moving in slow motion, until the last point was ours. We had fought back two hard games, and we buried them in the fourth game winning 25–13.

The fans were screaming. We had done it. We went crazy, jumping onto each others' arms and diving on the floor. This was an unbelievable moment. We grabbed a phone, ran outside and called Coach, who was lying in her hospital bed. We could hear her crying; she was so proud of us. Although she wasn't there to see it, her heart was there. We told her we did it for her. She said, "No, you did it for yourselves."

It was a game I'll never forget. We didn't make it to playoffs, but we beat Ledford. As a senior, that's all I asked for.

tacey Watkins / Thomasville / EnergyUnited

Running for the cure

At age 50, after a fairly sedentary life, I decided to begin running. I joined the Carolina Godiva Track Club in March and started training for the Susan G. Komen Race for the Cure held in June. The race is a 5K. I began my training by running one minute and walking one minute. It was all I could handle. I trailed along behind the group, panting like a tired old dog, but I kept running. With lots of practice, my stamina grew, but I still didn't think I'd be able to run the entire 5K race.

On race day, I joined hundreds of runners at the starting gate. I wore a card on my back with the names of two friends who were breast cancer survivors—I wanted to run in their honor. Forty-five minutes later, I crossed the finish line. I ran the entire race.

I sure didn't set any speed records, but I finished! It was my proudest moment. Little did I know that in a few months, breast cancer would claim my mother's life. Next time I run, it will be in her memory. One day, there'll be a cure.

Bonnie Earnhardt / Mebane / Piedmont EMC

I was picked last

I grew up playing baseball every spring and summer. In baseball, your ability is not always measured by your size and strength.

I entered the Air Force in March 1981. I arrived at Grand Forks AFB in North Dakota in July. My first week there I decided to play softball. Being 6-foot-1 and 143 pounds, I was a walking flagpole. No one really knew me, and they didn't think I could play. The friendly trash-talking began. When sides were chosen, I was picked last.

I ended up playing short field where I threw out a couple of runners at first base, which opened up a few eyes. It was at the plate where I ended the trash talking. I left my opponents and teammates with their mouths hung open and their heads shaking. My first three at bats were homeruns that bounced off the roof of a roller skating rink that was behind the left field fence.

After that game, I was immediately placed on my squadron's softball team for the remainder of the summer. Whenever my flight decided to play softball, I was the first player picked.

Kurt Rau / Lexington / EnergyUnited

A trophy for Contentnea

The year 1954 was one of the greatest years we had at Contentnea High School. That was when girls basketball teams played on half the court. Mr. Warren, our coach, had a lot of patience with us.

We started off that year winning the first game, then the second, and before long we were playing our last game without a loss before entering the tournament. We also won that one. Now if we could only win the tournament! The best I remember it was a very close game, but we won it.

After the boys game, the trophies were passed out. All the schools voted on the sportsmanship trophy to determine which school had shown the most sportsmanship.

When they called out Contentnea High School girls team for the sportsmanship trophy we went wild. We could not believe we had been all year undefeated and had also won the best trophy you could win.

The other day I went back to our old school. In the hallway, the trophy case still held our now tarnished trophies. I pointed it out to my husband and said, "Look there is the best trophy we ever won—the Sportsmanship Trophy."

Lucy Allen / Four Oaks / South River EMC





My obsession with George

I've been fishing ever since I was 7 years old, and I had never caught a largemouth bass over 4 pounds. That 4-pound bass came during the summer of 1983 from a farm pond in Lenoir County with my grandfather. I remember my grandfather holding the belt loops on my Levi's to keep me on the bank. That was a memory that had to last for over 21 years.

In early November 2004, I was fishing the banks of the Eno River when I hooked a huge largemouth bass. I had him for about 30 seconds until he jumped out of the water and threw my plastic worm back at me. I was sick to my stomach after seeing this fish run through the clear water with that beautiful black stripe. I knew that was the largest bass I had ever hooked or seen. Key word "had." I'd lost the "big 'un."

Two weeks later, I took my boys on a nature adventure through Eno River State Park. We carried three fishing rods with us just in case we ran across a few good fishing holes. About 300 yards down river, past where I'd lost this big bass, I hooked him again! I knew it was the same one. I saw that long black stripe, again! Not to mention hooking him on the same lure. My 5-year-old just about jumped out of his britches, and my 11-year-old stared in awe. I had to lie down on my stomach and reach face first down the bank to get hold of him. I yelled for my boys to jump on my feet and pull because I had begun to slide into the river along with the bass. I had a firm grip on him and knew that if I went in the water I was coming up with this fish!

After a brief struggle getting me and the bass up the bank, my boys and I celebrated. That's when we named him "George." He was 21 inches long and a little under 6 pounds. We decided to transplant George into our builder's farm pond where he'd be safe. We got him home, took pictures, and promptly placed him in the pond. However, George got away again. My wife had accidentally loaded the camera with a used roll of film. I had no visual proof of my catch!

I fished that pond looking for him at least 40 times after the release, but caught only the usual 14 to 16-inch bass. I really began to think that he didn't survive the transplant or last summer's drought.

On April 8, my luck changed. I hooked George for the third time and landed him for the second time. When he hit my top water lure, I knew it was him immediately. Our builder's wife saw me lift him up out of the water. "You got George again!" That's all I remember her yelling as she came a runnin' down the hill with a camera with good film in hand.

George is alive and well, about 23 inches long and about 7.5 pounds. He's going to be 10 pounds here soon, and I'm going to be there to weigh him in again! 🐟

Tom Sutton / Hillsborough / Piedmont EMC

Send us your best Earn \$50

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

November 2006

My Favorite Photo

North Carolina people or places. If they are digital: 300 dpi and actual printing size.

Deadline: September 15

December 2006

Regifting Mistakes

I should not have given that away.

Deadline: October 15

January 2007

Diets and Me

What worked, or what didn't work?

Deadline: November 15

February 2007

The Way We Were

Pictures from the old days, and the stories that go with them.

Deadline: December 15

March 2007

Pests and Weeds

Tell us how you control them in your garden.

Deadline: January 15

April 2007

The Dumbest Souvenir I Ever Brought Home

Where did it come from and why? Send photos, if you have them.

Deadline: February 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, e-mail address, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616
Or by e-mail: finer@carolinacountry.com
Or through the Web: www.carolinacountry.com

Alamance County farmers earn national recognition for small-scale methods

Small-scale farm specialists Alex and Betsy Hitt of Alamance County were honored this summer for employing farming methods that protect natural resources.

The Hitts were named the Southern Region winners of the 2006 Patrick Madden Award, given to exemplary farmers in four U.S. regions by the Sustainable Agriculture Research and Education (SARE) program, USDA.

Since 1981, the Hitts have committed to farming practices that have turned a 5-acre farm into an environmental gem and profit center. The couple is known in the area for sharing their tried-and-tested experiences with other farmers and participating in community activities.

"Whenever I'm visiting with a SARE grant recipient or a farmer needing a practical solution to some problem, as often as not, I find myself saying, 'I know these farmers—the Hitts—in North Carolina, you should give them a call,'" said John Mayne, assistant director of Southern Region SARE.

When they began farming in 1981, the Hitts cultivated five acres and set a goal of going smaller without sacrificing income. Over the years, they have reduced acreage and labor by improving their soil with cover crops, concentrating on high-value crops that grow well in the area, and direct marketing through the Carrboro Farmers Market and Weaver Street Market, a cooperative grocery store in Orange County. Each acre returns a minimum of \$20,000 annually, while four high-tunnel greenhouses bring in \$1,000 per crop.

The Hitts grow 80 varieties of 23 vegetables along with 164 varieties of cut flowers on just three acres. Betsy, who concentrates on the flower half of the farm, says Canterbury bells and lisianthus draw the most customers due to their clear bright colors and long vase life.

On the vegetable side of the farm, Alex is partial to heirloom tomatoes, especially the Cherokee Purple, for their potential in the marketplace. "Local chefs have helped us appreciate the positive attributes that make these tomatoes worth the extra effort," he says.

The Hitts are generous with their time, cooperating with researchers and welcoming other farmers who want to see sustainable methods at work. They both have served on the boards of local, state and national organizations that promote sound farming practices and support rural communities.

When Alex and Betsy Hitt graduated from college, they moved to North Carolina to follow a dream. "We wanted to live in the country and not have to drive into town to make our living," explained Alex. They developed a business plan, formed a corporation to fund the venture, and



Photos by Debbie Roos, NC Cooperative Extension




Alex and Betsy Hitts are regulars at the Carrboro Farmers Market (above). Betsy concentrates on cultivating some 164 varieties of cut flowers, while Alex does the same with about two dozen vegetable crops.

bought 26-acre Peregrine Farm in the southern Alamance County community of Eli Whitney.

They started off as a pick-your-own berry farm, but soon realized that they couldn't make a living that way. Says Alex, "Our plan has changed over time as we have learned this place, learned our market, and learned what we do well."

Alex has served on the board of the Carrboro Farmers Market and has taught in the sustainable farming program at Central Carolina Community College.

Quality of life issues have always been important to the Hitts, who maintain the vision of what brought them to North Carolina in the first place. Pragmatic by nature, they recently decided to shorten their growing season because rest and free time during the autumn months were more valuable to them than their income from selling fall crops. Says Alex, "We realized that we are the single most important renewable input on the farm." 

Southern SARE is hosted by the University of Georgia under a cooperative agreement with the Cooperative State Research, Education, and Extension Service, USDA.



Schooling Kids at Home

By Robin Roenker

There are many resources to help design a homemade curriculum for one-on-one learning

ABOVE, FROM LEFT TO RIGHT: Homeschooling clubs and cooperatives provide some of the perks of traditional education for at-home learners, such as home economics classes, spelling bees and physical education.

Many parents say homeschoolers can finish the textbook part of their curriculum in a couple of hours, leaving time for socializing, extracurricular activities, and other forms of learning.

Parents decide to homeschool their children for a variety of reasons, from offering a more religiously centered education to the appeal of one-on-one learning.

Over the last decade, homeschooling has gone from a sideline trend to a mainstream option for families across America. According to a recent report of the National Center for Education Statistics, nearly 1.1 million students were being homeschooled in the U.S. in spring 2003, a 29 percent increase from the estimated 850,000 being homeschooled in the spring of 1999.

"People are more aware of homeschooling, and almost everyone knows of someone who homeschools their kids now. So it's not such a foreign thing, and it's on people's list of options" when it comes time for their kids to enter school, says Laura Derrick, president of the National Home Education Network (NHEN).

Parents' reasons for deciding to homeschool vary widely—some hope to offer a more religiously centered education than public or even private schools can convey, others simply like the idea of the one-on-one learning process it invites. But those who stick with it agree: one of the best things about homeschooling is that it lets you tailor your kids' educations to their own interests and learning styles.

With homeschooling, parents can "craft an education that's really personalized and individualized for each child," says Derrick, who homeschools her children, Jackson Pritchett, 15, and Sarah Pritchett, 12, with curricula that play upon each kid's individual needs. While Jackson tends to read and immerse himself in a subject—"binge

learning," Derrick calls it—Sarah is a social learner, acquiring new skills by trying things out and talking to others, Derrick explains.

Classrooms without walls

Letting kids lead the way in selecting the teaching strategies that work for them is one of the biggest keys to successful homeschooling, says Linda Dobson, noted author of several homeschooling books, including "The First Year of Homeschooling Your Child," "The Ultimate Book of Homeschooling Ideas," and "The Learning Coach Approach."

"By paying attention to how your child learns best—hearing, sensing, touching—and watching for what topics inspire and pique curiosity—whether planes, dinosaurs, or outer space—new homeschoolers can obtain all the guidance they need to create a course of study best suited to that child," Dobson says.

With a little practice, parents of homeschoolers come to see their whole world as a classroom, and everyday situations—from cooking a favorite recipe as a science or math lesson to a trip to the local park to study pond ecology—as a chance to teach, leaving textbooks often with a supplemental, rather than primary, role in many homeschooling households.

"While a textbook may be the most efficient way to teach 20 kids a particular topic," Laura Derrick says, "it may be the least interesting and least efficient way to teach

continued on page 27




one or two children. Or to learn on your own. And so if you can learn all the basic math through cooking and gardening and building and playing games, why bore a kid with worksheets?"

Today, the image of a homeschooling family isolated around a kitchen table all day may simply be outdated. Because they're supplementing with other types of learning activities and bypassing the time required to keep 20 to 30 students on task in a traditional school setting, homeschoolers can often complete the textbook-centered portion of their curriculum in just a couple of hours each day—leaving afternoons free for extracurricular activities and time to socialize, parents say.

What's more, thanks to the availability of homeschooling cooperatives and clubs throughout the country, these days being homeschooled also doesn't have to mean giving up all the sideline perks of a traditional school education. Talent nights, science fairs, field trips, geography and spelling bees, even yearbooks are often available to homeschooling families who opt to join area homeschooling networks. And some larger cooperatives and charter schools meet weekly and offer classes such as art, chemistry or biology labs, and even PE that,

because of required supplies, might be difficult to teach in the home. The NHEN Web site, www.nhen.org, can help put parents in contact with state homeschooling liaisons and with other homeschooling families in their areas.

Still, the decision to homeschool isn't one that should be taken lightly, parents agree. There's the loss of two incomes as one parent stays home to teach. And, it's simply a lot of work, requiring tremendous organization—all those records to keep—and a huge time commitment.

Yet parents who decide the sacrifices are worth it point out that several national studies seem to back up what they believe they've seen first-hand: homeschooling works. One 1998 study, for example, claims that on average, homeschool students in grades one through four perform one grade level higher than their public or private school counterparts, while by the eighth grade, the average homeschool student performs four grade levels above the national average (see www.hslda.org/docs/study/rudner1999). That's in addition to the many ancillary benefits homeschooling families report—from greater family closeness to freedom to travel throughout the year, rather than around a traditional school calendar. 

Getting Started

It's natural for parents to feel some anxiety when they're beginning to homeschool. Noted homeschooling author Linda Dobson offers these tips—in her own words—to help families ensure their first homeschooling steps are successful ones:

- Relax. Compared to the public school experience, you, as parent, care more deeply and are much more intimately involved with your child's education, therefore, you are not going to ruin him/her.
- Think of yourself as a learning coach instead of as a teacher. Bringing "school" methods into the home doesn't work for many families, and this includes importing the role of your child's teacher as you remember it from your school days. Countless parents find that their children learn more naturally, and that the homeschooling journey proceeds more successfully when they provide assistance more in the manner of a learning coach. Rather than putting forth knowledge to be "absorbed" and then testing the amount of absorption, homeschooling parents can instead facilitate learning by making it easier, removing obstacles, aiding, and assisting, much as a sports coach does for an athlete.
- Nurture your child's curiosity. After years of practice, reading and research, time and again I've seen homeschooling children's success able to be described in one sentence: Curiosity creates interest, interest increases attention to the task at hand, and attention gives rise to learning. (CIAL, for short.)

Where to Learn More

- **National Home Education Network** (www.nhen.org) offers homeschooling information and connects homeschooling families with state liaisons and other homeschooling families in their area.
- **Home School Legal Defense Association** (www.hslda.org) provides in-depth information on research relating to homeschooling students' academic achievements as well as legal requirements by state for families interested in homeschooling.
- **A to Z Home's Cool Homeschooling Web Site** (<http://homeschooling.gomilpitas.com>) offers a clearinghouse of homeschooling articles and information.

Medicare Part D

Changes for 2007: What You Can Expect

By Rachel Bowers

Medicare Part D is in full swing, providing prescription drug coverage to many Americans through Medicare, the federal government's health insurance program primarily for adults age 65 and older.

But you should be aware of some changes to Medicare Part D for 2007 that may affect your prescription drug benefits.

For more information:

www.medicare.gov

(800) 633-4227

TTY: (877) 486-2048

A shorter enrollment period

The open enrollment period for Medicare Part D plans will be shorter for the 2007 plan year. From **Nov. 15 through Dec. 31, 2006**, you may:

- Enroll in a Medicare Part D plan if you are eligible for Medicare, but have not selected a plan yet.
- Switch to a different Medicare D plan.
- Keep these dates (Nov. 15 to Dec. 31) on your calendar each year as a reminder that you can make most major plan changes only during this time period from now on.
- Use this one opportunity to select a new or different Medicare Part D plan for 2007. Unlike in 2006 (when you could enroll in one Medicare Part D plan and had the right to one change of plan before May 15, 2006), this will not be the case for 2007 open enrollment. You will be limited to one chance to either select or change plans.

Eligible for Medicare in 2007?

If you are turning age 65 in 2007, in most cases you may enroll in Medicare Part D and other Medicare plans anytime during the three months before, the month of and three months after your 65th birthday. Be sure to remember:

- If you miss an opportunity to sign up for Medicare Part D coverage—and you don't have other creditable coverage for prescription drugs—you will have to pay a premium penalty when you do enroll. This penalty is 1 percent of the national average monthly premium for each month you were without coverage. You will have to pay this penalty for the rest of your life, or as long as you continue to have a Medicare Part D plan.

Read the fine print

You may be able to switch drug plans more than once per year if:

- You have Medicare and full Medicaid benefits, or if you get help from your state Medicaid program to pay Medicare premiums.
- You are eligible for a Special Enrollment Period, such as when you retire after age 65, when you lose or gain additional low-income assistance or when you enter or leave certain long-term care facilities.

The annual deductible will rise from \$250 to \$265. The amount of True Out-Of-Pocket costs (TrOOP) you have to pay before you reach catastrophic coverage will increase from \$3,600 to \$3,850 for 2007. Even if your spouse pays \$3,850 in True Out-Of-Pocket (TrOOP) costs early in the year, you must also pay that amount on your own behalf before your prescription drugs will be covered under the catastrophic benefit.

Medicare may increase your share of the cost of Part D coverage each year.

When choosing a Medicare Part D plan, you should check the formulary to make sure that any prescription drugs you currently take are listed. It is possible that they were covered on the formulary in 2006, but will not be on the formulary in 2007.

Rachel Bowers is a freelance writer on health and retirement issues for the National Rural Electric Cooperative Association.

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By Amy J. Daum



Shannon K. Brinkman

Lorraine Evans show jumping at Carolina Horse Park.


These top horses and riders will vie for \$50,000 in prize money and more than \$75,000 in prizes—not to mention bragging rights. Over a dozen past Olympic, World Championships, and Pan American Games medalists are expected, including Kim Severson, who won individual silver and team bronze medals in 2004 at the Athens Olympic Games.

Several other top riders, including a few North Carolina riders, are expected to compete. Former Olympian Robert Costello, 2004 Olympic alternate Will Faudree, and Mark Weissbecker, are all Southern Pines residents. All of the AEC cross-country courses are designed by 2004 Olympic bronze medallist John Williams, who also lives in Southern Pines.

The U.S. has been a powerhouse in this sport since it debuted in the Olympics in 1912. Eventing is best described as an equestrian triathlon, with three phases that test the competitors' skills in the ring, over fences, and galloping across the countryside. Dressage, a sort of equestrian ballet, tests the horse and rider's ability to perform a series of prescribed classical movements in an enclosed arena. During cross-country, horse and rider gallop over natural terrain, up and down hills, across ditches, and into water, leaping over a variety of other imposing obstacles along the way. In the show jumping phase, competitors make their way over a course of colorfully painted fences in an enclosed arena, making every attempt to leave all the fence rails up when they cross the finish line.

Gates open each day at 8 a.m. with competition ending around 5 p.m. Admission and parking are free. The Carolina Horse Park is located at 2814 Montrose Road, Raeford, North Carolina. Directions and maps can be found on the Carolina Horse Park Web site at www.carolinahorsepark.com

Spectators are welcome to take in the educational seminars planned for Wednesday through Saturday. For a complete list of seminars, visit the U.S. Eventing Association's Web site at www.useventing.com

"Make no mistake," said Carolina Horse Park executive director Gwen Parkins, "this will be a true festival of eventing and fun for the whole family!" 

Carolina Horse Park & Touchstone Energy

Carolina Horse Park in Hoke County is served by Lumbee River Electric Membership Corporation, a Touchstone Energy cooperative that has supported its development.

The park was an idea promoted by equestrian enthusiasts in North Carolina who were concerned about the dwindling amount of land dedicated to the sport. The Sandhills Equestrian Conservancy (now known as the Carolina Horse Park Foundation), a public charity for tax purposes, saw the vision become a reality when the park hosted its first events in the spring of 2001.

Carolina Horse Park is located on 250 acres approximately 12 miles south of Southern Pines. There are flat fields, perfect for show jumping, dressage and racing, as well as expansive wooded areas that host cross-country courses for eventing. The property hosts hardwoods, longleaf pines and varieties of plants that have been carefully preserved. There are also two ponds, three wells, plus electricity and city water. Over one mile of road frontage allows easy access for vans, trailers and spectators.

Carolina Horse Park is the only one of its kind in North Carolina and could some day rival Kentucky's Horse Park or Virginia's Horse Center.

For more information call 910-246-9808 or visit www.carolinahorsepark.com



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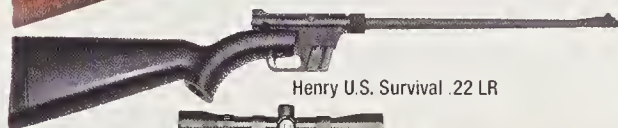
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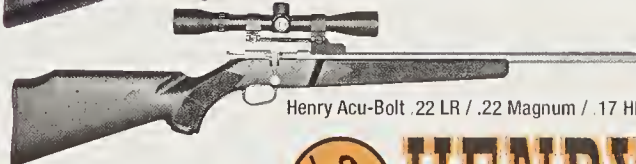
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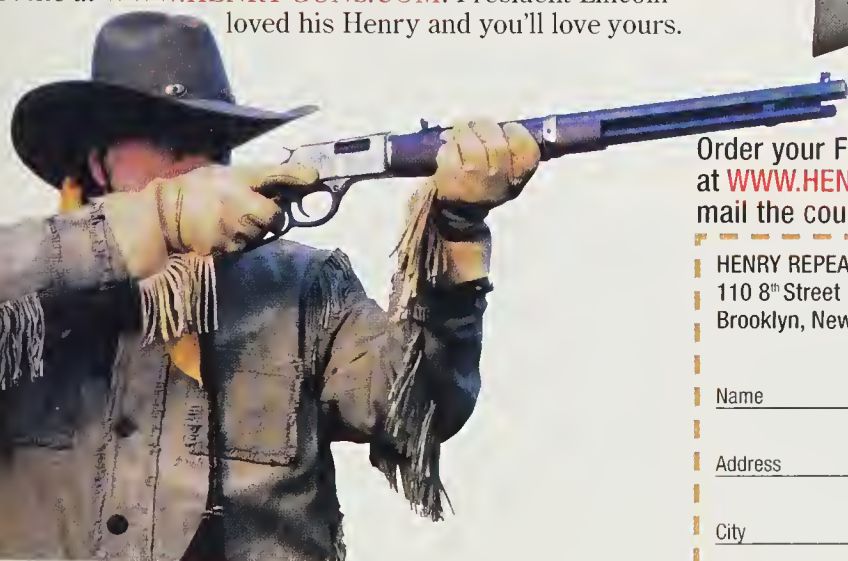
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About compact fluorescent light bulbs

They're not like they used to be.



Though we call them light bulbs, traditional incandescent bulbs are actually small heaters that give off a little bit of light—something you know if you've ever touched a bulb that's been on for a while. These bulbs were technological wonders when they were patented in 1880, but today they are inefficient compared to new compact fluorescent bulbs.

Today's compact fluorescent light bulbs (CFLs) give off high-quality light using a fraction of the electricity that traditional incandescent bulbs use. According to Environmental Defense, if every household replaced three 60-watt incandescent light bulbs with CFLs, we would reduce as much pollution as if we took 3.5 million cars off the roads.

The design and quality of light have improved over the year. CFL prices still are higher than traditional bulbs, but CFL savings add up. They can lower your electric bill and last up to 20 times as long as the incandescent bulbs. Here's how to make the switch:

1. Start with one bulb.

For your first compact fluorescent purchase, buy just one to make sure that it throws the kind of light you want. Light from yesterday's fluorescent lights, common in offices and schools, can seem "cold." Light from CFLs is different and better—CFLs can achieve the same kind of lighting you're used to from incandescent bulbs. Look for packages labeled "2700 degrees Kelvin" or "warm-white."

2. Know your watts and lumens.

We are used to choosing bulbs by how much electricity they use—a 40-watt incandescent bulb is on the dim side and uses less power, and a 100-watt bulb is bright and uses a lot of juice. CFL bulbs have lower wattage numbers than their incandescent cousins, but also provide more light at a fraction of the wattage. Because of this, CFLs are often categorized by lumens. Lumens measure the amount of light a bulb gives off. (See the table on this page for more information.)

Take the Pledge

In support of the Environmental Defense campaign, you can take a pledge online in the "Million Bulb Swap Out." You also can find a discount offer to buy bulbs (\$5.99 per bulb). Go to www.environmentaldefense.org

3. Get the right shape and size.

Many stores will let you return a bulb if you find it doesn't fit properly, but keep an eye on two factors to save yourself an extra trip.

First, some CFLs have a larger bulb, which can be too big for some lamps. Depending on where you're going to install your CFLs, be sure to know how big the shade is and whether or not the bulb will show.

Many CFLs have a coiled bulb, but there are now versions available that have the same shape and size as an incandescent bulb. These newer CFLs aren't available in many stores yet, but you can order them on a number of Web sites.

Second, most CFLs screw into standard light sockets; however, on some bulbs, the plastic piece above the screw part is slightly wider and might not fit in every lamp.

4. Buy Energy Star to save the most energy.

The most energy-efficient CFLs carry the Energy Star label, the imprimatur of the government-backed energy efficiency program.

5. Be careful choosing CFLs for a dimmer.

There are exceptions to this rule, but the majority of CFLs are not made for dimmers yet.

6. Check for indoor or outdoor use.

CFLs are designed for both indoor and outdoor use. Check the packaging to make sure you get the kind you need.

7. Dispose of your bulbs properly.

All compact fluorescents contain trace amounts of mercury. But there is far less mercury in CFLs than in other items knocking about the house: CFLs (4 mg), thermometers (500 mg), older thermostats (3,000 mg).

Recycling burnt-out CFLs is the best option. To find out if there are recycling options near you, call 1-800-CLEAN-UP for an automated hotline or visit www.earth911.org

Comparing Bulbs

Incandescent	CFL	Lumens	Cost Savings (\$.10/kWh)
40W	11–14W	> 490	\$39–\$44
60W	15–19W	> 900	\$62–\$68
75W	20–25W	> 1,200	\$76–\$83
100W	26–29W	> 1,750	\$107–\$112
150W	38–42W	> 2,600	\$163–\$169

CFLs use about a quarter of the wattage to produce the same light. So to replace a traditional 60-watt bulb, buy a 15-watt CFL.

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was the "bop."

From Patricia Ferguson, Truslow, Va.



From Patricia Ferguson, Truslow, Va.

- ... You remember when the "shag" was the "bop."
- ... You know there are three kinds of slaw: hot dog, BBQ and fish.
- ... You had a grilled cheese sandwich mashed to a quarter-inch thick from the drug store.
- ... You made a toothbrush from a sassafras stem.
- ... You put cotton bolls on the screen doors to keep the flies out.
- ... Your mama would say, "You young'ns quit slammin' that screen door."
- ... You remember Tru Ade orange drinks.
- ... The most important day to go to church was homecoming.
- ... Sweet potato vines were the favorite houseplant.
- ... You carried your schoolbooks tied with Daddy's old belt.
- ... You ate banana sandwiches with cold milk.
- ... The store kept drinks cold in a big "coke box" where they were floating in ice water.

From Punkie Jenkins, Lexington

- ... When you do something wrong, your father-in-law tells you to lick your calf over.
- ... You take tobacco worms and mash them up in a leaf sandwich.

From Sylvia Moore, Bear Creek

- ... You go to see if the mail man has run.
- ... You hear the wind getting up.
- ... Your fried chicken on Sunday dinner had a pully bone.
- ... You know what a tumble bug is.

From Sonny Koontz, Thomasville

- ... The only meat your family had to eat from August until hog-killing weather was squirrel.
- ... You treated cows for the hollow tail.
- ... An older woman in the neighborhood knew how to "talk the fire out" of a burn on your hand.
- ... You swapped two eggs for a Nehi soda and a chocolate bar at Mr. Charley Smoot's store.
- ... Your daddy cut your hair with mechanical squeeze clippers and charged 20 cents to cut neighbors' hair.
- ... As a kid you rode a tobacco stick for a horse and hitched him up with a piece of baler twine.
- ... You knew how to plait ropes from baler twine.
- ... You knew that split tobacco sticks were superior to sawn ones.
- ... Your daddy took the back seat out of his '36 Chevrolet to fill the car with tobacco to take to the Winston-Salem Market.
- ... You ate a lot of corn meal mush before learning about grits.

From Robbie Dixon, Oxford

- ... For fun you and your siblings would ride in the tobacco slide to the field and walk back to the barn.
- ... The first time you tried to ride Charlie the horse, you shook so much that he did, too.
- ... The rocks in the fields had gold spots on them and you dreamed one day they would make you rich.
- ... Every time a car came by on your dirt road you would run to the window to see who it was.
- ... You helped a neighbor fill barns and earned a quarter a day.
- ... You pleaded a sheet of paper to make a fan.

From Viola Shaw, Sparta

- ... You've been told to pull up a cheer and set down.
- ... The chickens ran free and you had to hunt their nests so mama could bake you a cake.
- ... Your job earned you some back-pocket money.
- ... You know that "cutting a didoe" is any kind of antic.
- ... You shot water snakes along the creek with a slingshot.
- ... You made your own see-saw with a saw-horse and a 2-by-6 board.
- ... You know what it means to lay someone out for burial (before we had funeral homes).

From Brenda Stockton, Concord

- ... All kids said "Yes ma'am," "No ma'am," "Yes sir," and "No sir."
- ... Your church wasn't air-conditioned, and the only relief were the hand fans kept with the hymnals. The fans had a beautiful picture on one side and a funeral home advertisement on the other.

From Randy Green, Dortches

- ... You had to watch out for pecking chickens in the outhouse.
- ... You took a stick on fire to see your way to the outhouse at night.
- ... You took off your t-shirt after lunch while priming tobacco so nicotine would be absorbed into your skin for energy.

From Carol Sampson, Rowland

- ... You sat on your front porch on a summer's night burning rags in a bucket to keep skeeters away.

From Sarah Raines, Mebane

- ... You ask your friend, "How's your hammer hanging?" wondering how she really feels.
- ... When feeling extra fine, you feel like jumping a ten-rail fence.
- ... Mama gave you Black Draft to work illness out of you.
- ... You put four drops of turpentine on a spoon of sugar to cure sore throat.


From Louise Kellon, Clinton

- ... You know what a stumpy broom is.
- ... When working in tobacco you know what a feeling party is.
- ... You know what dark thirty is.
- ... You fried fish in a wash pot.
- ... You remember when nabs came in round packs.
- ... You threw onions and potatoes under the house to keep.
- ... Your mother could squeeze a dollar 'til George Washington squealed.

From Julie Cuthrell, Aurora

- ... When you got off the school bus, you picked figs off the tree for a snack.
- ... While growing up, your daddy called you and your sisters "son."
- ... Your daddy made you pick all the pecans up from the yard so y'all could go and sell them.
- ... Your daddy siphoned gas from the lawnmower so y'all could take the car to sell the pecans.
- ... All you could hear on summer nights was the 'squito zapper.
- ... You wanted your daddy to shoot the rooster for your birthday entertainment.

From Jill Lambert, Lexington

- ... You can't lie to mama.
- ... You can read the daily specials posted at the local restaurants even when most of the letters are missing.
- ... You gauge how bad something is by comparing it to picking green beans.
- ... You feed your own deer, but you get someone else to shoot and dress one to eat.
- ... You can call all of your farm animals.
- ... You ate beanie-weenies off of a lunch truck and worked piecework at some time in your life.
- ... You don't replace the weather-strip-ping around windows and doors, because the house needs to breathe.
- ... You have a truck bed cover that protects building supplies out back.
- ... You say the selenium rectifier needs replacing to cover the fact that you have no idea why the equipment has broken down. 

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William Moseley Art

Retired architect William Ward Moseley spends summers painting landscapes and scenes of Lake Gaston, where he lives. The Halifax EMC member has won more than 100 art awards along the East Coast, and has a wide array of original paintings available in prints for sale ranging from \$30 to \$200. His original works in watercolor, pastel or oil range in price from \$50 to \$1,500. "Colorful Shoreline" (shown) is available in print. Print sizes and options include 9-by-12 inches, matted \$30; framed in small metal gold, \$50. A size 11-by-14-inch print is matted, \$40; framed in small metal gold, \$60; framed in wide metal gold, \$90; and framed in wide wood, \$115. More options are available.

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Frazier Pottery

Rutherford EMC member Kimbrell Frazier specializes in making handmade dinnerware and coordinating serving pieces, with several patterns to choose from. The Lincolnton potter makes other pottery items, too, but says that her main focus is on pieces used in food preparation and serving. Her bridal registry service caters to couples who think outside the box and want unique "functional art" for their table and kitchen. She also has a special discount offer for those who register. Prices start at \$8 for a spoon-rest to \$150 for a special platter. Dinnerware sets of 16 pieces or more qualify for a 20 percent discount. Frazier Handmade Pottery & Gift Gallery is at 2547 East Main Street in Lincolnton. All pottery is made on site.



(704) 477-8406

www.frazierpottery.com

The Farm Sitters

If you own a farm and need to get away for a spell, The Farm Sitters can cover your responsibilities. Co-owners Vicki Brown and Sondra Stanley, both experienced farmers from



Germanton in southern Stokes County, recognize how difficult it is to get away from a busy farm. Whether you have horses, cattle, sheep, goats, pigs or llamas, The Farm Sitters can handle it. The two women will make minor repairs and mend fences. They also have the equipment and expertise to transport your animals. Brown, owner of the 20-acre Piney Ridge Farm, is a lifelong member of the Germanton community. Stanley is the owner of Deacon Hill Farm, 26 acres of farmland across from Hanging Rock State Park. Both women bring the heart, head and hand of farming to their business.

(336) 971-0455

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Artist, storyteller Claudio

A storyteller, artist and musician, Claudio Niedworok is expanding his performances in the local community to include house calls and retirement centers. Claudio has performed on stage in theatrical appearances, opened for the State Fair and inspired wounded soldiers in base hospitals. Now based in Broadway, south of Sanford on the Lee/Moore county border, Claudio has traveled the world and brings his adventures to life through his talent of art and language. In addition to performing, Claudio is also a European gourmet chef and cuisine consultant. Claudio's Web site gives information on how to book a performance, explore his art, or purchase his books or CDs.

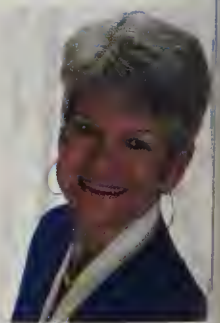


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Success coach Edie Raether

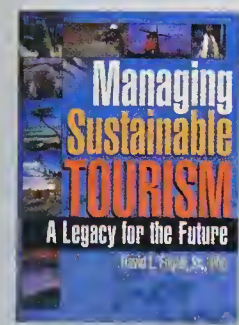
Success coach, corporate trainer and author Edie Raether of Holly Springs is an authority on breakthrough thinking as a business strategy for organizational change and for personal renewal. Her books include "Winning! How Winners Think—What Champions Do," "Why Cats Don't Bark," and "Forget Selling! 12 Principles of Influence and Persuasion." As a keynote speaker, Edie has empowered more than 3,000 professional associations and Fortune 500 companies such as IBM, General Motors, JC Penney, Oscar Mayer, the Marriott and MPI. Edie has more than 30 years of experience as a sales and success coach, corporate trainer and psychotherapist. She provides keynotes, seminars, coaching and training programs.



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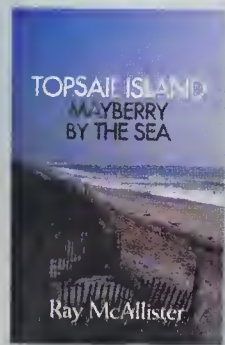


“Managing Sustainable Tourism”

This book explores the concept of sustainable tourism and examines tough issues like tourism’s negative environmental impact and balancing economic growth with the protection of natural and built resources. Chapters include “Tourism Today and Tomorrow” and “Is Sustainable Tourism Economically

Viable?” Topics include tourism in rural areas and the concept of heritage and cultural tourism, with policy prescriptions for orderly development. Author and policymaker David L. Edgell, Ph.D., a professor at East Carolina University in Greenville, offers a case study with each of the 10 chapters, including “Roanoke River Paddle Trail.” Published by Haworth Press of Binghamton, N.Y. Softcover, 149 pages, \$19.95.

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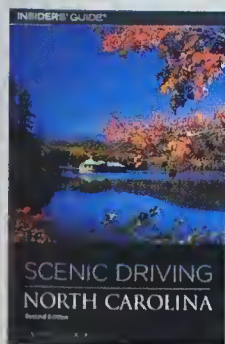


“Topsail Island: Mayberry By The Sea”

With its small-town feel of a family beach, Topsail Island resembles the resorts of decades past. Newspaper columnist Ray McAllister blends interviews with people who know and love this barrier island with stories of early pirates, devastating hurricanes, a 1940s treasure dig, a U.S. Government secret rocket program and

a black bear that came to stroll the beach. Published by John F. Blair in Winston-Salem. Softcover, \$12.95, 228 pages.

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“Scenic Driving North Carolina”

This highway guide offers 30 specific drives by mapping out trips for scenic byways and side roads across the state, ranging from deep forests and breathtaking views of the Blue Ridge Parkway to lush, rolling Piedmont country and the majestic lighthouses and historic villages of the Outer Banks. Itineraries range from 10 miles to more than 115

miles in length, with route maps for each drive. Highlighted areas include Elk Falls, Fontana Lake, Hanging Rock, Crowder Mountain, Bentonville Battlefield, Green Swamp, and Beaufort. Tips cover camping, best driving seasons and travel services. Published by Globe Pequot Press. Softcover, 224 pages, \$15.95.

(800) 962-0973
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“Which is More Round?”

This light-hearted, often quirky collection called “Which is More Round: The World or Your Tummy?” offers about 200 original sayings exploring some universals of life. Topics include creativity, temptation, upheaval, aging and the search for truth. Author Leslie Miklosy, who lives in Fayetteville, provides such offbeat reflections and philosophical musings as these: “Time is just a place,” “Don’t ever ask a chiseler how he is able to scrape by,” and “Why look at the underbelly of Wonderful?” Black and white illustrations by Katuscia Negrón. Published by iUniverse. Softcover, 130 pages, \$13.95.

(800) 288-4677
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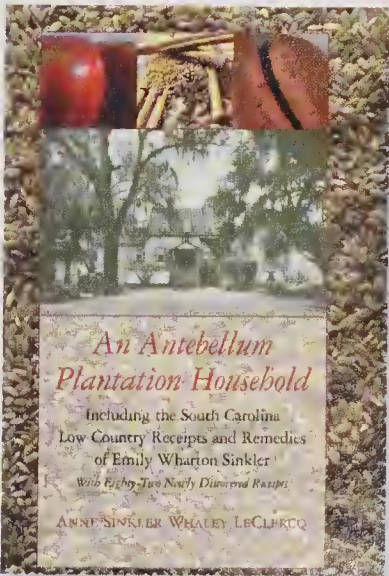


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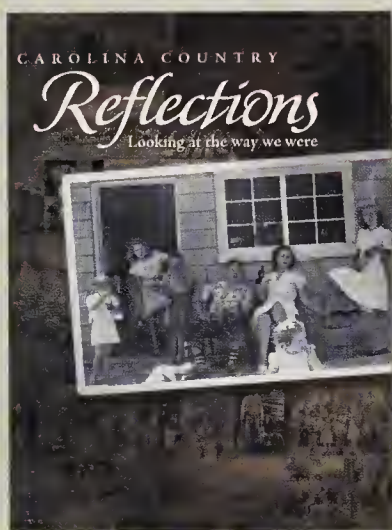
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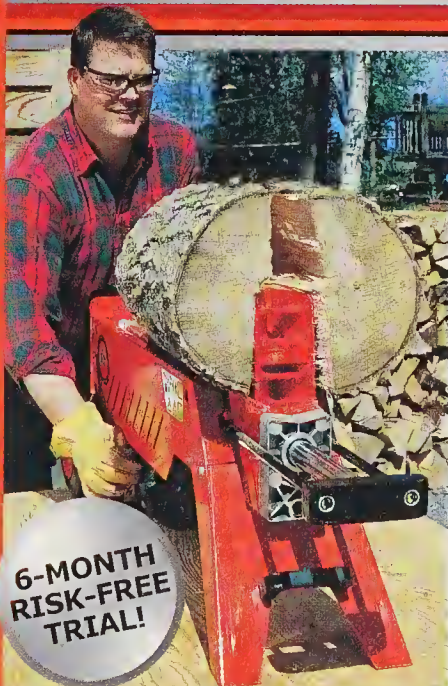
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Say Watt?

The PUNdit says, "The horsey set live in A _____ Y."

I G E D
A T A C
I N O M
T Y U M

Starting with an A and ending with the Y, can you spell out the words that end this sentence? You can move in any direction—left, right, up, down or diagonally. Each letter is used only once.

SOUTHERN exposure

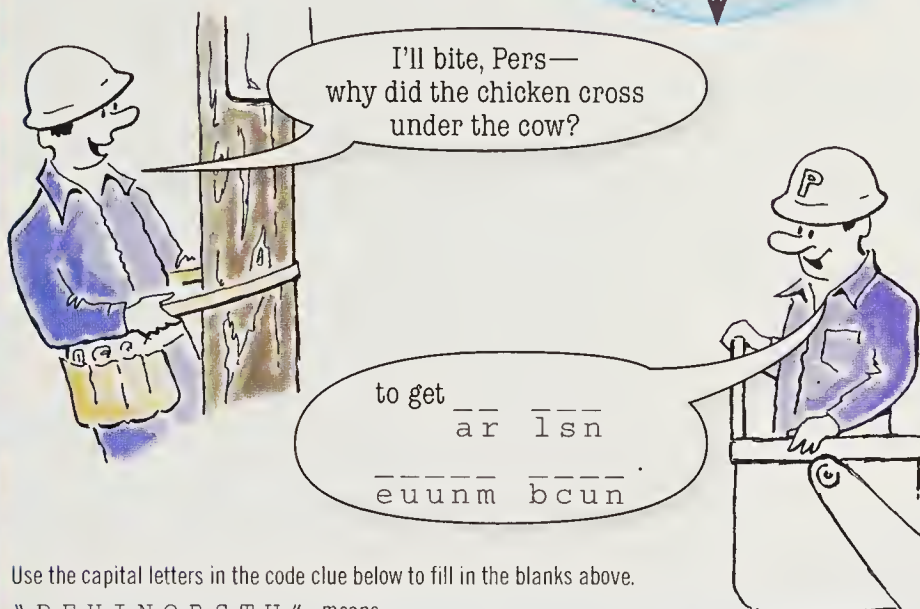
What's in a name? That's what I asked the owner/manager of the "It Don't Matter Cafe" in downtown Statesville recently.

It seems the original owner, before starting the eatery, used to ask his girlfriend, time and again, "Where would you like to eat?" Her answer was always the same, "It don't matter." So that became the name of his cafe.

The answer must be a frequent one to frequently asked question. The cafe has been doing business at the same address, 110 Court Street, for 46 years.

Think the current owner should copyright the name and sell franchises. It can't miss.

PERCY P. CASSIDY POLES APART



Use the capital letters in the code clue below to fill in the blanks above.
" D E H I N O R S T U " means unscramble

WORD

ward-wary-pray

PLAY

1 noonday meal

2 stagger

3 mean

4 tempted

5 angered

6 dinner eater

7 evening meal, usually

LUNCH

DINNER

To go from LUNCH to DINNER you must change one letter in each step to spell a new word. Letters can be rearranged in any step. A letter is added in the last step.

Find the Value of

S E R E N D I P I T Y

_____ + _____ + _____ + _____ + _____ + _____ + _____ + _____ + _____ + _____ = _____

Serendipity—the facility of finding agreeable things not sought for—from the Persian fairy tale, The Three Princes of Serendip (1754)

Websters Ninth New Collegiate Dictionary

We've given each of the nine different letters in SERENDIPITY a different value from one through nine. In addition, we've made a list of nine words using letters from SERENDIPITY and given you the total value of the letters in each word.

Your challenge is to find the value of each letter, and the total value of SERENDIPITY.

PRESS (34)

DEPEND (27)

DEITY (22)

STIR (20)

SNIP (17)

PRINTS (27)

STRIP (25)

YES (21)

TRIP (18)

For answers, please see page 42.

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\$150,000	\$887.31	30 YR. Fixed	5.87*	5.99%
\$200,000	\$1,104.41	5 YR ARM	5.25***	5.39%
\$200,000	\$666.50	Power Arm	1.25***	6.52%

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7+6+9+6+2+4+3+5+3+1+8=54

September Events



Donna Slade

The Wake Forest Area Artists Studio Tour has set its schedule for this year. Shown here is "Single Flight" by Donna Slade, one of the artists. Sunflower Studio & Gallery will showcase the participating artists Sept. 8 and Oct. 6 from 5–9 p.m. during the Art After Hours event. The event will include live music with Mister Felix. The tour brochure will be available starting Sept. 7 at the Sunflower Studio and Cotton Company. Artist Suzanne Thomas is featured at The Cotton Company's reception Sept. 8 from 6–9 p.m. Next month, the Studio Tour takes place Oct. 7 and 8. Meet the artists at a reception, again featuring Mister Felix, on Friday, Oct. 6 from 6–9 p.m. at the Sunflower Studio & Gallery. To learn more, call (919) 556-1519, (919) 570-0765 or visit www.artistsstudiotour.homestead.com

MOUNTAINS

Apple Festival

Sept. 1–4, Hendersonville
(828) 697-4557
www.historichendersonville.org

Lenoir Cruise In

Sept. 2, Lenoir
(828) 726-0323

Heritage Walk & Festival

Sept. 2, Murphy
(828) 837-6821

Old Time Fiddlers' Convention

Sept. 2, Caldwell County
(828) 726-0616
www.caldwellcochamber.org

For Shucks!

Sept. 2–Nov. 19, Marshville
(704) 517-5622
www.AwShucksCornMaze.com

Best of Blue Ridge

Sept. 6–Oct. 14,
West Jefferson
(828) 846-ARTS

Cappella Men's Vocal Group

Sept. 7, West Jefferson
(336) 846-ARTS

Gallery Crawl

Sept. 8, West Jefferson
(336) 846-ARTS

Candle Light Ghost Tour

Sept. 8, Wilkesboro
(336) 667-3171

Blue Ridge Relay

Sept. 8–9, Jefferson
(336) 877-8888
www.BlueRidgeRelay.com

"Singin' in the Rain"

Sept. 8–24, Hickory
(828) 327-3855
www.hct.org

Gospel Heritage Morning

Sept. 9, Hendersonville
(336) 667-3171

Sculpture Celebration

Sept. 9, Lenoir
(828) 726-0616
www.caldwellarts.com

Storytelling Festival

Sept. 9, Hendersonville
(828) 891-6585
www.historicjohnsonfarm.org

Grandfather Mountain Kidfest

Sept. 9, Linville
(800) 468-7325
www.grandfather.com

Highland Games & Festival

Sept. 9, Andrews
(828) 837-5684

American Dahlia Society Show

Sept. 9–10, Asheville
(828) 665-2492
www.ncarboretum.org

Wine & Music Festival

Sept. 16, Dobson
(336) 374-2532

Boll Weevil Jamboree

Sept. 16, Marshville
(704) 624-3183

American Girl Scout Day

Sept. 16, Linville
(800) 468-7325
www.granfather.com

Heart Walk

Sept. 16, Murphy
(828) 835-7624

Bridge-To-Bridge Bike Ride

Sept. 17, Lenoir to Linville
(828) 726-0616
www.grandfather.com

Loretta Lynn Concert

Sept. 22, Spindale
(828) 286-9990
www.FoundationShows.org

Waterfall Crafters Craft Show

Sept. 22–23, Brevard
(828) 877-3065

Hop & Art

Sept. 23 & 24, West Jefferson
(336) 846-ARTS

General William Tour

Sept. 23–24, Lenoir
(828) 758-1671
www.fortdefiance.org

Kiev Symphony

Orchestra & Chorus

Sept. 27, West Jefferson
(336) 846-ARTS

Quilts

Sept. 29, Hickory
(828) 874-3743

Kids Fair

Sept. 30, Murphy
(828) 837-3460

Talent Night

Sept. 30, Jefferson
Methodist Church
(336) 846-ARTS

PIEDMONT

Shakespeare Festival

Sept. 8–Oct. 8, High Point
(336) 841-2273
www.ncshakes.org

Gem, Mineral & Jewelry Show

Sept. 1–4, Raleigh
(804) 746-7663

Center Fair & BBQ

Sept. 8–9, Mocksville
(336) 492-7554

Antique Tractor Show

Sept. 8–9, Louisburg
(919) 496-4605

Car, Truck & Motorcycle Show

Sept. 9, Lexington
(336) 357-7126

Harvest Fun

Sept. 9, Charlotte
(704) 568-1774
www.charlottemuseum.org

Potters Market

Sept. 9, Charlotte
Mint Museum of Art
(704) 337-2000
www.mintmuseum.org

Power Glide Pro Mods

Sept. 9, Benson
(919) 894-4870

Denton Autumn Festival

Sept. 9, Denton
(336) 859-5922
dentonacc@alltel.net

Money Series Race

Sept. 9, Cleveland
(252) 215-0891

American Music Jubilee

Sept. 9, 16, 23, 28 & 30, Selma
(919) 894-4870

Blacksmithing Demo

Sept. 9, 10 & 30 through
Oct. 1, High Point
(336) 885-1859
www.highpointmuseum.org

Living History

Sept. 9-10, Hillsborough
(877-732-7748
www.historichillsborough.org

Clayton Harvest Festival

Sept. 13-17, Clayton
(919) 553-6352

Golf Tournament

Sept. 14, Selma
(919) 284-5510

Allison Woods Living History

Sept. 15-17, Statesville
(704) 873-5976
www.iredellblues.com

Horse Show

Sept. 16, Smithfield
(919) 934-1344

Stokes Stomp Festival

Sept. 16 & 17, Danbury
www.stokesarts.org

The British Are Coming

Sept. 16 & 17, Huntersville
(704) 875-2312
www.lattaplantation.org

Benson Mule Days

Sept. 21-24, Benson
(919) 894-3825

Fourth Friday Art Crawl

Sept. 22, Fayetteville
(910) 323-1776
www.theartscouncil.com

Pottery Competition

Sept. 22-Oct. 26, Fayetteville
(910) 433-2986
www.capefearstudios.com

**Antique Gun & Military
Antiques Show**

Sept. 23-24, Raleigh
(704) 282-1339
www.TheCarolinaTrader.com

Architecture Adventure

Sept. 23-24, High Point
(336) 883-3022
www.highpointmuseum.org

Antique Show

Sept. 23 & 24, Selma
(919) 965-9659

International Folk Festival

Sept. 24, Fayetteville
(910) 323-1776
www.theartscouncil.com/
International_Folk_F

Museum By Moonlight

Sept. 28, Charlotte
(704) 568-1774
www.charlotteuseum.org

Antiques Festival

Sept. 29 & 30, Liberty
(336) 622-3040

Ava Gardner Museum Fest

Sept. 30-Oct. 1, Smithfield
(919) 934-5830

Fall Bazaar

Sept. 30, Pope AFB
(910) 960-2145
www.geocities.com/popebazaar

Faith Festival

Sept. 30, Smithfield
(919) 934-0887

COAST**Car Show & Competition**

Sept. 9, Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

Jazz Singer Stephanie Nakasian

Sept. 15, Oriental
(252) 249-1529

Day at the Docks

Sept. 16, Hatteras
(252) 986-2515

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Ocracoke Art Walk

Sept. 30, Ocracoke
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Art Crawl
 Sept. 28, Hickory
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www.downtownhickory.com

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Artists After Hours Showcase
 Sept. 7 & Oct. 6, Wake Forest
 Inflower Studio & Gallery
 (919) 556-1519 or (919) 570-0765
www.artistsstudiotour.homestead.com

Contemporary NC Photography
 Sept. 3–Feb. 11, 2007, Raleigh
 (919) 839-839-6262
www.ncartmuseum.org

Treasures from the Past
 Through Sept. 16, Oxford
 Granville County Museum
 (919) 693-9706

Surviving the Great Depression
 Sept. 30–June 24, 2007, Charlotte
 (704) 568-1774
www.charlottesmuseum.org

**Tropical Rain Forest,
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 Through Oct. 8, Durham
 (919) 220-5429
www.ncmis.org

Amazing Maize Maze
 Through Oct. 15, Huntersville
 (704) 875-3113
www.ruralhillfarm.org

COAST

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www.roanokeisland.com

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CAROLINA COUNTRY adventures

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 grown phrases describ-
 ing Tyrrell County is
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 uncomplicated." Fewer
 people live here (not
 quite 4,200) than in any
 North Carolina county.
 That's mainly because of
 Tyrrell's vast wetlands,
 peat bogs and pocosin
 (from the Algonquian
 "swamp on a hill"). It's

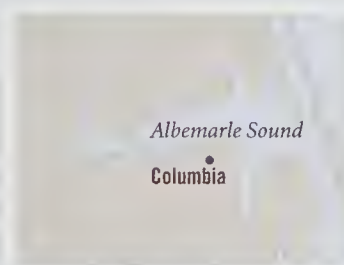


The Columbia waterfront seen from the Hwy. 64 bridge.

no wonder that the greatest attractions here are totally natural. But coming
 close is its cultural development. In the county seat of Columbia, within its few
 blocks are a widely-respected arts and crafts center, a theater focusing on the
 area's environment (Columbia Theater Cultural Resources Center), a lovely

Tyrrell County

waterfront on the Scuppernong River, a nature
 trail boardwalk, a major environmental edu-
 cation center, really nice restaurants (including
 McClees and Mac's Back Door Oyster Bar),
 and in early December a series of Christmas
 events including the Mexican celebration
 of Las Posadas. As a neighbor to Albemarle
 Sound and the Outer Banks, Tyrrell County
 may not be uncomplicated for much longer.



Three top spots:

The wildlife sanctuaries are a major draw and comprise a good part of
 Tyrrell's area. You can see rare birds, rare red wolves, rare trees, rare nature.
 Pocosin Lakes National Wildlife Refuge is 110,106 acres (252-796-3004 or
www.fws.gov/pocosinlakes). Palmetto-Peartree Preserve is 10,000 acres man-
 aged since 1999 by The Conservation Fund and has a brand new boardwalk
 loop (252-796-1677 or www.palmettopeartree.org). The Emily and Richardson
 Preyer Buckridge Coastal Reserve is 18,000 acres of swamp forest with
 boat access (252-796-3709 or www.ncnerr.org). And Pettigrew State Park is a
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 Interpretive Boardwalk. (888) 737-0437 or www.partnershipforthesounds.org

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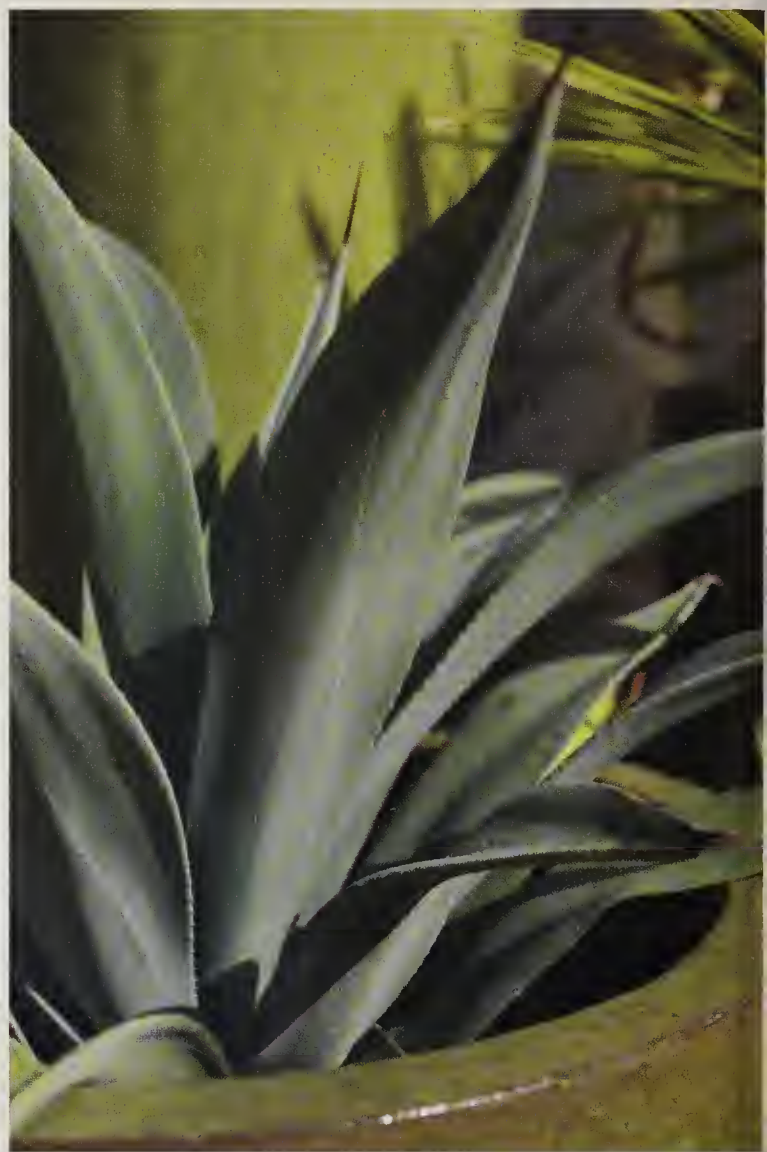
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Swapping plants

Gardeners do much of their dividing in spring and fall. Neighbors and friends often casually trade and share these extra plants. Without much work, you can host a more formal plant swap in your neighborhood or community. It's an occasion for gardeners to meet and mingle and, best of all, to acquire new and interesting free plants. Local newspapers will usually run a complimentary notice in a calendar or bulletin board. You can also advertise through flyers and word of mouth. Choose a format for the swap in advance to avoid chaos. You might number each plant and place corresponding numbers in a hat for each participant to withdraw. Gardeners may choose to negotiate trades amongst themselves afterward. Another option is to ask people to bring several plants to the event. Allow everyone some time to mill around and peruse the selection. Then give a signal for each person to choose one plant. Continue with several rounds until all the plants are gone. It's fun to enhance the gathering with a potluck meal.


Hort shorts

- ▶ Fall is a good time to survey the lawn and garden and contemplate design changes. To help visualize the shape of new beds and borders, create an outline using a garden hose. Arrange the hose until you've created a desirable shape. Sprinkle flour on the ground to mark the outline, remove the hose and dig in.
- ▶ There's more to a garden than curb appeal. Remember to create garden spaces you can enjoy from indoors too. Plant tall flowering plants in front of dining room and sitting room windows so you can enjoy hummingbirds and butterflies at close range.
- ▶ Pick ornamental gourds after they have fully ripened on the vine—the shell should be hard and the vine withered. Leave several inches of stem on the gourd.
- ▶ Harvest the heads of edible sunflower varieties when the outer shells of the seeds have hardened and the back of the flower head is dry and brown. Cure in a paper bag for several weeks in a warm, well-ventilated place.
- ▶ Sow spinach and leaf lettuce for autumn salads. Set out transplants of collards for a holiday harvest.
- ▶ Take cuttings of impatiens, begonias and coleus to overwinter indoors.
- ▶ Use kitchen wastewater to water houseplants and containers. Use leftover cooking water (unsalted). Collect cold tap water in a bowl as you're warming up water at the faucet.
- ▶ Re-use foam packing peanuts as filler for the bottoms of flowerpots. You'll need less soil, and the peanuts provide drainage. You can also use them to separate and aerate bulbs and corms for winter storage. Egg cartons also make good containers for storing bulbs.



Take care when repotting or transplanting agaves. The leaves of these succulent plants usually sport marginal teeth and a sharp spine. You can snip the sharp points from the tips of the leaves without damaging the plant.

Look sharp!

When repotting or transplanting a cactus, protect your hands by wrapping the plant with a collar made of several thicknesses of newspaper. Gardeners often rely on gloves for this task, but the thorns and prickles may ruin the gloves' exterior. Working around yuccas, agaves and other plants with swordlike leaves can also be hazardous to your health. Remove the lower leaves of yuccas to make transplanting easier—most can withstand substantial pruning at the base. Before moving an agave, you can snip the sharp points from the tips of the leaves without damaging the plant. Don't forget to wear goggles in addition to a thick, long-sleeved shirt and gloves. While gardening near viciously sharp plants, it can be helpful to hang pieces of surveyor's tape from the leaves. This will keep these danger zones in your peripheral vision as you work. Specialty gloves prevent injury from the thorns of roses and brambles. Socks with the feet cut out can provide an added layer of protection when worn over the forearms. 



Carla Burgess can be reached at ncgardenshare@mindspring.com

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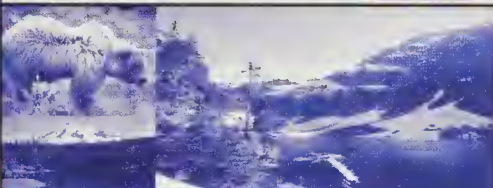
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Two-stage heat pumps offer comfort and efficiency

With the new minimum energy-efficiency requirements for 2006, there have been improvements in new, electric heat pumps.

The price of fuels, such as natural gas, oil and propane, are at record highs. Using an electric heat pump may be least expensive for home heating and cooling options. Heat pump efficiency in the cooling mode is rated by SEER (seasonal energy efficiency rating). In the heating mode, the efficiency is rated by the HSPF (heating seasonal performance factor).

Generally, the ones that are most efficient at cooling your home are also the most efficient at heating. If you now have an old heat pump with a SEER in the 8.0 range, installing one of the most efficient (SEER of 19) new ones could cut your utility bills by more than 50 percent.

Many of the HVAC (heating, ventilation, air-conditioning) manufacturers are starting to recommend hybrid heating. Hybrid heating refers to installing a heat pump, instead of just a central air conditioner, along with a fossil fuel furnace.

During mild weather, the heat pump can be less expensive to operate than even the most efficient fossil fuel furnace. When the outdoor temperature drops, the furnace takes over. A heat pump of the same capacity, efficiency and features may cost only about \$400 to \$500 more than the equivalent (cooling only) central air conditioner.

As a brief background, a heat pump is basically a central air conditioner with a reversing valve. When switching from the cooling to the heating mode, the reversing valve reverses the direction of the refrigerant. The hot gases flow through the indoor blower coil to heat the air inside your home. The wall thermostat takes care of automatically switching the reversing valve depending upon whether you need heating or cooling.

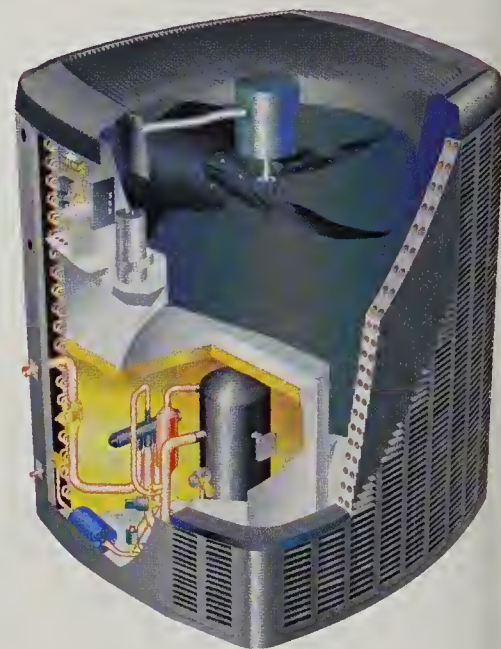
A two-stage heat pump is your most efficient option and also provides the best comfort. The heat pump has two different output levels when heating

and when cooling. This allows the heat pump to be sized to handle some of the coldest or hottest days, yet also be effective during milder weather. Depending upon the compressor design, the heat pump lower-output level will be from 50 percent to 67 percent of the maximum higher-output level. This is a great advantage because the heat pump runs in longer, more efficient cycles when it is operating in the lower-output level. Even though it is running longer, the compressor is using less electricity in this lower-output level so the overall electricity usage is reduced. By running longer and slower, the equipment produces less indoor blower and airflow sound, and indoor temperatures remain more constant.

The majority of the HVAC manufacturers have switched to using a two-stage scroll compressor with R410A refrigerant instead of R-22 (commonly called Freon). R410A is much more environmentally friendly than R-22 and operates at slightly higher pressures. This requires stout tubing, so the noise level from the outdoor unit is less noticeable. By 2010, manufacturers will no longer be allowed to produce units using R-22 Freon.


Over the past several years, there has been quite a design push to make the outdoor unit run more quietly. This is accomplished by insulating the compressor motors, using more sound-damping mounts and redesigning the fins, fan blades and housing for quieter air flow. Most of the manufacturers can provide you with sound level ratings for their various models. Sound level does vary by size and compressor type.

Most two-stage heat pumps use a General Electric variable-speed ECM



This shows the interior components of a heat pump with a two-stage scroll compressor. The small gold cylinder is the reversing valve to switch from cooling to heating.

blower motor in the indoor air handler. This efficient motor varies its speed depending upon the heat pump stage currently running and the airflow resistance in the ductwork. Heat pump efficiency and indoor comfort depends upon matching the outdoor unit, the indoor coil and the blower speed (air flow).

One of the key advantages of the variable-speed blower, when used with the proper thermostat, is in controlling the indoor humidity level. This affects comfort and common allergens such as mold spores and dust mites. By varying the indoor airflow, the ratio of cooling to dehumidification can be controlled. This is ideal for humid climates. 

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

Write for (instantly download—www.dulley.com) Update Bulletin No. 763—buyer's guide of the 21 most efficient, comfortable heat pumps listing number of stages, efficiency, compressor, refrigerant, size, blower speeds, and a savings/payback chart. Please include \$3.00 and a business-size SASE.

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Triple Tier Brownies

- 1 package fudge brownie mix (13-by-9-inch pan size)
- 1 package (11½ ounces) milk chocolate chips
- 1 cup peanut butter
- 3 cups rice cereal
- 1 can (16 ounces) cream cheese frosting
- 1 cup salted peanuts, chopped

Prepare brownie mix according to package directions, using a greased 13-by-9-by-2-inch baking pan. Cool on wire rack. In a large saucepan, combine the chocolate chips and peanut butter. Cook over low heat for 4–5 minutes or until blended, stirring occasionally. Stir in cereal; set aside.

Spread frosting over brownies. Sprinkle with peanuts. Spread with peanut butter mixture. Chill for 30 minutes or until set before cutting. Store in refrigerator.

Yield: about 5 dozen



Shrimp Newberg

- 1 can (10¾ ounces) condensed cream of shrimp or mushroom soup, undiluted
- ¼ cup water
- 1 teaspoon seafood seasoning
- 1 package (1 pound) frozen cooked medium salad shrimp, thawed
- Hot cooked rice

In a saucepan, combine soup, water and seafood seasoning. Bring to boil. Reduce heat; stir in shrimp. Heat. Serve over rice.

Yield: 4 servings



Pecan Pancake Pizza

- 2 cups pancake mix
- 2 eggs, beaten
- 1¾ cups milk
- 2 tablespoons vegetable oil
- 1 teaspoon maple flavoring
- ¾ cup granola cereal without raisins
- ¾ cup pecan halves
- Maple syrup, optional

Place pancake mix in a bowl. Combine the eggs, milk, oil and maple flavoring; add to pancake mix and mix well. Pour into a greased 14-inch pizza pan; sprinkle with granola and pecans. Bake at 425 degrees for 10–12 minutes or until a toothpick comes out clean. Cut into wedges. Serve with syrup if desired.

Yield: 6–8 servings

Winning reader recipe

Baptist Pie

- 2 ready-made Graham cracker crusts (or make your own)
- 1 can (15 ounces) mandarin oranges, drained
- 1 can (15¼ ounces) crushed pineapple, drained
- 1 can (14 ounces) Eagle Brand sweetened condensed milk
- ¼ cup lemon juice
- 1 container (8 ounces) Cool Whip
- Coconut and chopped pecans

Follow directions on the paper insert on the lid of pie crust for browning instructions. Mix oranges, pineapple, milk and lemon juice and spoon into crusts. Cover with 8 ounces Cool Whip. Sprinkle with coconut and chopped pecans. Refrigerate. Makes 2 pies.

Brenda Brookbank of Julian, a member of Randolph EMC, will receive \$25 for submitting this recipe.

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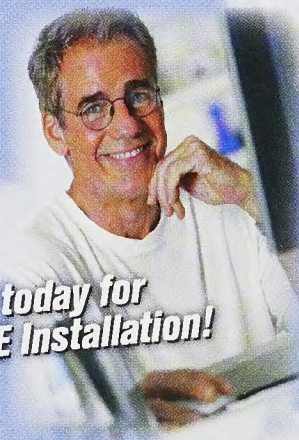
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